A DICTIONARY OF DOMESTIC MEDICINE AND HOMŒOPATHIC TREATMENT

J. H. CLARKE, M.D.

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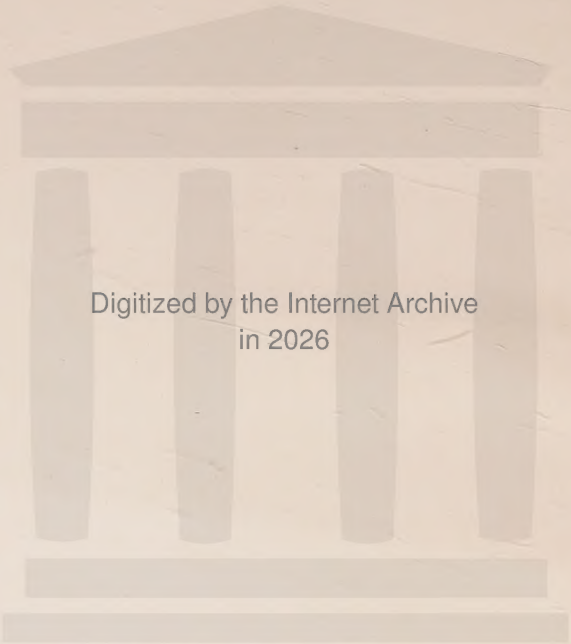
OF

DOMESTIC MEDICINE



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A DICTIONARY

OF

DOMESTIC MEDICINE

GIVING

A DESCRIPTION OF DISEASES, DIRECTIONS FOR THEIR GENERAL MANAGEMENT

AND

HOMŒOPATHIC TREATMENT

WITH A SPECIAL SECTION ON

DISEASES OF INFANTS

BY

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AUTHOR OF

"THE PRESCRIBER," "A DICTIONARY OF PRACTICAL MATERIA MEDICA," "VITAL ECONOMY," ETC.

THIRD EDITION

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PREFACE TO THE THIRD EDITION

My publishers have for some time past been asking me for a new edition of this work, but up to the present I have not been able to put it through the complete revision which it seemed to me to require. At last, however, I have been able to do this and to bring it, as I hope, completely up to modern requirements.

In comparison with the former editions I think it will be found that many omissions have been made good, many new articles added, new chapters introduced into the Introductory part, and the whole text completely revised.

I have also found it convenient to make considerable additions to the number of remedies recommended for use. Among these I would especially name the Homœopathic Nosodes. These remedies have been of late years brought to the knowledge of all newspaper-readers under the name of "vaccine treatment" or "opsonic treatment," and more especially by Pasteur and the late Dr. Koch. At the time when the news of Dr. Koch's *Tuberculin* took the world by storm, Dr. Burnett published his famous book in which he related "Five Years' Experience in the Treatment of Consumption by its own Virus." In this work he established beyond all controversy the claim of homœopathy to all that is good in the treatment. Dr. Roux, of the Pasteur Institute,

has admitted the justice of the claim, and, still later, Professor von Behring has paid the homage due to Hahnemann in most unmistakable terms.

But now a new movement on the part of the Old School towards homœopathic methods has taken place. Homœopathists have never found it necessary to administer their remedies otherwise than by natural ways. It will be remembered that in the official account of the treatment of the late King Edward VII. it was stated that he had undergone a "vaccine treatment" for catarrh. It was further stated that the "vaccines" had been *administered by the mouth!* So that it is now officially acknowledged that it is not only good practice to give homœpathic remedies, but also to give them in the same way that homœpathists give them.

The remedies which the Old School call "vaccines," homœopathists call "nosodes," and I have mentioned the uses of a number of these in their proper places in the text. Prepared as they are for homœopathic use, they may be administered with the same degree of safety that belongs to other homœopathic medicaments.

Besides the nosodes, there will be found a number of other additional remedies referred to, both for external and internal use.

I trust that the many changes I have been able to make will be found to add to the convenience and utility of the DICTIONARY.

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PREFACE TO THE FIRST EDITION

MANY non-medical readers of the *Prescriber* having requested me to bring out a more popular and elementary work on the same lines of arrangement, I have used such leisure moments as I could find during a number of years in preparing such a work, and the present volume is the result.

The *Prescriber* was originally intended for the use of medical men or medical students; no description of diseases being given, but simply under the heading of the name of the disease the medicines most commonly indicated, with their differential indications. The DICTIONARY follows the plan of the *Prescriber* in giving in alphabetical order a list of diseases, with the appropriate homœopathic treatment; but, in addition, each disease is described as plainly and concisely as possible, with diagnostic hints for distinguishing it from other similar diseases; and directions are also added for dieting and general management.

In their proper alphabetical place will also be found special articles on Baths, Clothing, and Diet; and under the heading "Infants" a sub-alphabetical arrangement of the disorders peculiar to the earliest years of life.

In the compilation of the DICTIONARY many sources have been drawn upon, but the author makes himself

responsible for all the advice here given. Dr. Constantine Hering's *Domestic Physician*, the most original of domestic treatises, and the author's *Prescriber* are the works which have been most largely used.

JOHN H. CLARKE.

May, 1890.

INTRODUCTION

I

Homœopathy.

Homœopathy is a system of cure based on the fact that any substance which is capable of producing symptoms of disease in the healthy will remove those symptoms and cure the disease when met with in the sick. That such a principle of cure existed was first enunciated by Hippocrates, but it was not until centuries after, when Hahnemann seized upon the idea, and by his herculean labours reconstructed the *Materia Medica*, that Homœopathy became what we now know it—the most complete and scientific system of healing the sick the world has ever seen. Only those who have never experienced its effects in their own persons, and those who have not the skill or the patience to practise it, are now found capable of denying its existence.

There are two reasons why so many medical men are found who know nothing of Homœopathy. The first is that it entails an enormous amount of trouble to learn to practise it as medical men must—nothing short of acquiring a new art after they have finished their work at the schools; and the other is that, as one

result of their pains, they lose caste with their professional brethren. For these two reasons homœopathic doctors are likely to be, in Great Britain at any rate, for some time to come a scarce commodity. Hence arises the necessity for books like the present, which shall enable those who cannot obtain homœopathic medical advice to practise Homœopathy in their own homes and families. The DICTIONARY is intended to convey in easily accessible form such information as intelligent people ought to possess about diseases and their treatment, and to enable them to apply the treatment when professionl aid is not within reach, or when the case is not too grave for a non medical person to undertake.

MATERIA MEDICA.

The Homœopathic *Materia Medica* consists of a record of the symptoms produced by the different drugs on healthy people. Those medicines which have produced the most marked and the greatest number of symptoms are the most important in homœopathic practice, as they afford the greatest number of points for comparison with the symptoms met with in disease. In this work only the most commonly required drugs are mentioned. To have introduced more would have been confusing rather than helpful. In stocking a full-sized Homœopathic Medicine Chest most of the medicines in the subjoined list indicated by capitals and italics should be included; for a small-sized chest it will be sufficient to include only those printed in capitals. Those of which the names are printed in ordinary type are less frequently required, and can be obtained when wanted.

In the present edition I have included the names

of a number of *nosodes*, or remedies prepared from the viruses of diseases. These have long been in use amongst homœopathists, and now the Old School have taken them up with considerable ardour, under the name of "Vaccins," "Opsonic injections," &c. But as Von Behring candidly admits, the real name for them is "Homœopathic." In the use of these remedies homœopathists are for the most part able to dispense with subcutaneous injections, and administer them in the usual homœopathic forms.

Names.	*Abbreviations.*
ACONITE.	Acon.
Actæa racemosa	Act. rac.
Antimonium crudum	Ant. c.
ANTIMONIUM TARTARICUM	Ant. t.
Apis	Apis.
ARNICA	Arn.
ARSENICUM ALBUM	Ars.
Aurum	Aur.
Bacillinum.	Bacil.
BELLADONNA	Bell.
Berberis vulgaris	Berb.
BRYONIA.	Bry.
CALCAREA CARBONICA	Calc. c.
Calcarea phosphorica	Calca. phos.
CAMPHOR	Camph.
Carbo vegetabilis	Carb. v.
Caulophyllum thalictroides	Caulo.
Causticum	Caust.
Cepa (Allium Cepa)	Cepa.
CHAMOMILLA	Cham.

Names.	*Abbreviations.*
CHINA	Chin.
Cina	Cina.
Cocculus	Cocc.
Coffea	Coffea.
Coqueluchin.	Coquel.
COLOCYNTH	Coloc.
Dioscorea	Diosc.
Dulcamara	Dulc.
Euphrasia	Euphras.
Ferrum	Ferr.
Gelsemium	Gels.
Graphites	Graph.
Hamamelis	Ham.
HEPAR SULPHURIS	Hep.
Hyoscyamus	Hyo.
IGNATIA AMARA	Ign.
Iodium	Iod.
IPECACUANHA	Ipec.
Kali bichromicum	Kali bi.
Kali carbonicum	Kali c.
Kreasotum	Kreas.
LACHESIS.	Lach.
LYCOPODIUM	Lyc.
MERCURIUS SOLUBILIS	Merc. s.

Names.	*Abbreviations.*
Morbillin	Morbil.
Moschus	Mosch.
NATRUM MUR	Nat. m.
Nitric acid	Nit. ac.
NUX VOMICA	Nux. v.
Opium	Op.
PHOSPHORUS	Phos.
Phytolacca	Phyt.
Plantago	Plant.
Platina	Plat.
Podophyllum	Pod.
PULSATILLA	Puls.
RHUS TOXICODENDRON	Rhus.
Ruta graveolens	Ruta.
Sabina	Sabi.
Sanguinaria canadensis	Sang.
Secale	Sec.
SEPIA	Sep.
SILICA	Sil.
Spongia	Spo.
Staphisagria	Stap.
Stramonium	Stram.
SULPHUR	Sulph.
Thuja occidentalis	Thuj.
Urtica urens	Urt. u.

Names.	*Abbreviations.*
Variolinum	Var.
Veratrum album	Ver.
Veratrum viride	Verat. v.
Viola tricolor	Viol. t.

Strong tinctures required for external application—

Arnica.
Belladonna.
Calendula.

More rarely required—

Balsam of Peru.
Euphrasia.
Hamamelis.
Hypericum.
Ledum.
Plantago.
Ruta.
Thuja.
Veratrum Viride.
Viola tricolor.

Attenuation or Potency.

The mode of preparation of homœopathic medicines is peculiar. Hahnemann discovered that many substances, such as chalk and flint, which in their crude state are inert, when finely triturated by being ground in a mortar with sugar of milk, develop surprising powers. He also found that vegetable and liquid poisons, by being gradually attenuated by dilution in a special way, lose all their material, physical, and chemical properties, whilst retaining their medicinal properties unimpaired. The scale in which he attenu-

ated drugs was in the proportion of 1 part of the substance to 99 parts of the attenuating medium (whether alcohol or sugar of milk) for each degree. HAHNEMANN carried all his medicines up to the 30th degree, and experience has shown that from the lowest attenuation to the highest all are effective. For ordinary domestic practice the 3rd attenuation of all soluble substances, and the 6th or 12th of all insolubles (Calcarea, Carbo veg., Ferrum, Graphites, Hepar, Lycopod., Sepia, Silica), are the best for general use. But where the lower attenuations prove ineffectual in old-standing cases, the higher should be tried before changing a remedy that seems appropriate. The 30th attenuations of Sulphur, Lycopodium, and Calcarea are useful to have in reserve. Camphor is most useful in the strong tincture or strong pilules.

FORMS OF ADMINISTRATION.

The five principal forms in which homœopathic medicines are administered are: Tinctures, Triturations, Tablets, Pilules, and Globules; and any of these may be dissolved in water and the solution given in spoonfuls. Of the tinctures one drop is enough for a dose, and it may be given in a teaspoonful or dessertspoonful of water or on a piece of loaf sugar. If it is desired to repeat the dose frequently, eight or ten drops may be mixed in as many spoonfuls of water, a spoonful being given as often as is desired. Two to four grains of a trituration (as much as would lie on a sixpenny piece) is the usual dose, one or two pilules, or tablets, and two to five globules. For hot climates globules of the 12th or 30th attenuation are the best for keeping. All bottles containing homœopathic medicines should have perfect necks and be fitted

with sound corks. The cork should have the name of the medicine and strength written upon it. Corks should never be changed from one bottle to another, and a bottle that has once contained one medicine should never be used for another. Special cups and earthenware spoons are sold by chemists for homœopathic medicines, and are very useful. After each using they should be washed with hot water and thoroughly dried.

Repetition of Dose.

Directions are given throughout the work as to how frequently a dose of a medicine should be repeated. As a general rule in acute cases the repetition should be frequent—as often as every five minutes where the symptoms are very urgent—until a decided remission of symptoms occurs, then gradually increasing the intervals until the symptoms have gone. In acute cases, if there is no improvement after a few hours, a fresh medicine should be sought, but great care should be taken not to change a medicine too soon. If there is the smallest sign of improvement, continue the medicine, as a change may spoil all. In chronic cases a medicine should be given once, twice, or thrice a day until decided improvement sets in. It may then be discontinued, and not repeated until the improvement comes to a standstill.

II

Diagnosis.

In this volume it is presumed that the reader has diagnosed the nature of the disease before commencing

to treat the case—or that he has had it diagnosed by some one qualified for the task. But it may be useful to give a few general directions.

One of the most important guides in diagnosis is—*Pain*. Pain generally—not always, because pain may be *reflected* from the affected part and be *felt* at a distant part; but generally—pain may be taken to indicate the seat of the trouble. If, along with pain, there is increased frequency of pulse and increased temperature there is in all probability inflammation at the point indicated. This introduces the use of the *Clinical Thermometer.*

Although many persons give themselves unnecessary frights by too frequent recourse to the clinical thermometer, it is, nevertheless, an indispensable element in the modern household. In this country the Fahrenheit scale is almost invariably used. This gives the average normal temperature at 98·4°. This does not mean that every person whose temperature is above or below this is ill, for the normal for some persons is as low as 97° or even lower.

When there is great pain and the temperature remains at 98·4° or thereabout, it is safe to conclude that there is something other than inflammation in the case. The pains of neuralgia, colic, cramp, and the non-inflammatory forms of gout and rheumatism are of this description.

When the thermometer shows a rise above the normal of two or three degrees there is present either inflammation or fever. If there is cough with the fever, the respiratory system will be suspected and the rubrics of bronchitis, pneumonia, &c., must be consulted. If there is a rash, it will probably be one or other of the eruptive fevers.

1. Varieties of Constitution and Temperament.[1]

A plethoric constitution is characterised by a florid complexion, a full and robust frame, activity and strength of body, and a strong and full pulse. There is an activity in the circulative system, and a predisposition to local or general congestion.

A feeble constitution is directly the opposite of the foregoing. There is a deficiency in the generation of natural heat, and a tendency to become fatigued from slight exertions. The pulse is feeble and soft. The person is peculiarly subject to diseases characterised by inactivity in certain functions, or to great relaxation.

A bilious constitution is recognised by a dark or yellow skin, by a predisposition to derangements and irregularities of the digestive functions, and a tendency to constipation, piles, &c.

An apoplectic constitution may be known by the large head, almost buried between the shoulders, short thick neck, thick-set frame, slow full pulse, and tendency of blood to the brain.

A nervous constitution is characterised by extreme sensitiveness and excitability of body and mind. The pulse is variable, quickly changing from rapid to slow. The patient is liable to nervous disorders, and those spasmodic affections which are not readily referable to any direct cause.

A lymphatic constitution may be recognised by the light complexion, the frame full and rounded, but the

[1] This and the following paragraphs are taken with some modifications from E. Guernsey's *Domestic Practice*, edited by Dr. Henry Thomas.

flesh soft and flaccid, and the muscular fibre yielding and relaxed. The circulation is sluggish, the pulse slow, the generation of heat deficient, and there is also a sensitiveness to cold. The patient is subject to slow and sluggish affections, to catarrhal diseases, abscesses, accumulations of water about various organs. Acute diseases are also liable to assume a chronic form, and run a slow and tedious course.

The catarrhal or rheumatic constitution is similar to the last, and is particularly characterised by want of vitality in the skin and mucous membranes, which is easily affected by external circumstances.

The consumptive constitution may be known by the clear transparent skin, often with a bright spot on the cheek, flatness of the chest, slender and fragile form, long and spare neck, rapid growth, quick and small pulse, long slender fingers, with large joints. The patient is peculiarly liable to affections of the lungs.

The scrofulous constitution is a variety of the preceding. It is characterised by a tendency to ulcerative sores, particularly of the glands, unhealthy secretions from the skin, and various forms of eruption. Both this and the preceding variety may be considered as modifications of the tuberculous habit. This means that it affords a congenial soil for the growth of the tubercle bacillus.

THE TEMPERAMENTS.

In the sanguine temperament—generally found in a plethoric constitution—there is great animation and buoyancy of spirits, the bodily health is generally good, but when disease does attack the system it runs a rapid and severe course.

Choleric temperament is generally found in the *bilious constitution.* The increase and altered secretion of bile reacting on the moral and mental faculties, has a tendency to engender ill-humour, outbursts of rage, and even a revengeful and malignant temper, whenever excited. The muscular fibre is hard, wiry, and tightly strung. The patient is subject to bilious derangements, which are sometimes provoked by violent fits of excitement.

The phlegmatic temperament, generally associated with the feeble or lymphatic constitution, is characterised by slow operations of both the mental and bodily functions, and tardiness and weakness of the reactionary power.

A melancholic temperament is readily known by the meditative, gloomy, or retiring disposition. Impressions are deep and lasting, and there is a tendency to look on the dark side, and brood often in secret over things which, in the minds of others, would be speedily forgotten. The patient is seldom subject to violent impulses or sudden impressions, and is liable to diseases of the stomach and bowels, which often assume a chronic character.

These temperaments are rarely met with unmixed.

2. The Pulse.

Not only the frequency, but the peculiar beat of the pulse is of vast importance to the correct diagnosis and proper treatment of disease.

In feeling the pulse, it should be done as gently as possible, as unnecessary parade may needlessly alarm the patient. Three fingers may be placed on the wrist directly behind the root of the thumb and

the joint of the wrist, and just within the external bone of the arm. Slightly compressing the wrist with the fingers, and holding there for a moment, you will be able to notice not only the frequency, but the peculiar character of the pulse. Its rapidity may be easily measured by the seconds hand of a watch. Notice whether it beats with regularity, full and soft; whether, by compression, it may be rendered so indistinct as scarcely to be felt; whether it is strong and bounding, almost forcing the fingers from the arm; or hard; or small and wiry, like the vibration of a string; or intermittent, striking a few beats, and then apparently stopping for one beat; or the pulsations flowing into each other, small, and almost imperceptible.

It will, of course, be necessary to understand the beat of the healthy pulse, and what its different varieties may indicate in disease.

Healthy pulse. The beat of the healthy pulse depends much upon age, sex, constitution, and temperament.

In the adult male, of medium size, it generally numbers from 70 to 75 beats in a minute.

In the adult female, it is not generally so strong and full as in the male, and usually numbers from 76 to 84 beats in the minute.

In a person between the ages of seven and fourteen, it should number from 80 to 85 beats in the minute.

After teething, and until the age of about seven, there are generally from 85 to 96 beats in the minute.

In infancy, previous to teething, the pulse varies from 100 to 120 beats in the minute.

After man has reached the prime of life, and enters on the descending scale, which generally takes place

between the ages of forty-five and sixty-years, the pulse becomes still slower, numbering in the male about 70, and in the female 75 beats in the minute.

As the person advances to old age, the frequency of the pulse is still further diminished, until in the male there may be only from 55 to 60, and in the female from 65 to 70 beats in the minute.

I have given the usual standard of the pulse in health in the various stages of life, although cases are by no means rare, when in perfect health it may be much lower or higher than I have stated. If, however, the skin is moist and of a natural heat, this would be no indication of disease.

The pulse also may vary before or after a meal, and be excited or depressed from exercise, change of posture, or the influence of mental emotion. We should, of course, be cautious in attributing this temporary change to the influence of disease.

VARIETIES OF PULSE IN DISEASE.

The *rapid* or *accelerated* pulse is indicative of inflammation or fever, especially if strong, full, and hard; if small and very rapid, it indicates a low state of debility, such as is often present in the latter stage of typhoid fever.

The *slow pulse*, if not habitual, may indicate debility or tendency of blood to the head, or, especially if full and strong, pressure on the brain. It is also generally found in old age.

The *hard* or *wiry pulse* is generally indicative of a high state of inflammation, although, in old age, it may be occasioned by hardening or ossification of the arteries.

The *changeable* or *unequal pulse* indicates a derangement of the nervous system, and not unfrequently organic disease of the heart.

The *intermittent pulse* generally shows an organic disease, or spasmodic condition of the heart. It is sometimes occasioned by intestinal affections.

The *full, strong pulse* indicates a full habit, while the *weak pulse* denotes impoverished blood and a feeble state of the system.

3. The Urine.

The appearance of the urine in health is slightly varied by age, sex, occupation, food, and the season of the year. It should be of a brightish yellow or straw colour, possessed of a slight ammoniacal smell devoid of unpleasant odour, and precipitating no sediment on standing. In old age, however, the urine may be slightly offensive, and darker in colour than in early life, and in females a slight sediment is not always an unhealthy sign. In persons leading an active life, the urine is of a darker colour than in those of sedentary habits. Different varieties of food may also produce a sensible effect upon the colour and smell of the urine. The quantity of urine in winter is usually greater than in summer, when it should not exceed the amount of fluids taken into the system.

The urine should not be examined until five or six hours after a meal have elapsed, when it should be set aside in a moderate and even temperature for an hour or two.

VARIETIES OF URINE AND THEIR INDICATIONS.

In various forms of disease the appearance, quantity, and smell of the urine are important diagnostic signs

of the state and progress of the disease, and should be carefully observed.

In case of fever, as the disease approaches a crisis, the previously clear urine becomes thick, and forms a half-floating cloud. If this cloud sink, a favourable crisis may be expected, while, on the contrary, if it remain buoyant near the top, a somewhat unfavourable issue may be anticipated.

As the crisis of the disease declares itself, when the urine has been perfectly clear before, a sediment is now perceptible, and in those cases where the urine has been thick and turbid, the same sediment is perceptible, but the urine above it is clear and transparent. If the sediment is of a smooth, light, or greyish colour, and is deposited shortly after emission, it is a favourable indication ; but if it should be dark or black, it denotes a putrid state ; if bilious, or red, it indicates a rheumatic or intermittent type of the disease ; and if it is disturbed, heavy, muddy, or of a purple colour, forming half the whole quantity discharged, it is an unfavourable sign.

The red or high-coloured urine, if the pulse be accelerated, indicates the presence of fever. Urine of a saffron colour marks the presence of bile in the blood, and shows derangement of the hepatic viscera.

If matter is found in the urine, it shows that suppuration is going on internally.

In children, a milky appearance of the urine is looked upon as an indication of worms in the intestines. A very light or watery appearance of the urine may denote some disturbance of the nervous system.

Copious perspiration or diarrhœa will generally diminish the quantity of urine.

The appearance of the urine may indicate the presence of Diabetes, or tendency to various forms of calculi in the bladder or kidneys; if this should be the case, no time should be lost in consulting a homœopathic practitioner.

The Stools, Flatulence, etc.

Light-coloured or whitish stools indicate a deficiency of bile and a torpid condition of the liver; when the stools are very dark, a profuse quantity of bile is present. When the bowels are very much constipated, a febrile or torpid condition of the bowels is indicated.

Relaxed stools indicate much nervous irritability of the system, or the presence of inflammation; when they are purely involuntary, they indicate a paralysis of the intestines, and not unfrequently occur in the last stage of sinking fevers.

Dysenteric stools are painful, accompanied with straining, and usually consists of blood, or blood and mucus.

Accumulation of wind in the stomach and intestines is generally the result of indigestion, and in children sometimes indicates worms.

Nausea and Vomiting.

If nausea is accompanied by severe pain in the right side, there may be inflammation of the liver; if preceded by severe pain in the head, it may be sympathetic. If the nausea is habitual, we may fear organic derangement of the stomach; if food and drink are vomited as soon as swallowed, we may apprehend inflammation.

Habitual vomiting in the morning, accompanied with cramps, sometimes indicates gravel.

The stomach sympathises with almost every organ in the body, and nausea not unfrequently exists in connection with derangement of the stomach, kidneys, brain, or chest.

Indications of Cough.

A short, dry cough and sneezing may mark the first stage of influenza, or be the precursor of measles and other eruptive diseases.

Cough is sometimes produced by indigestion, and in this case it can only be cured by overcoming that difficulty.

A loud, barking cough indicates bronchial difficulty, and in children may indicate croup. A hacking cough, with pain and fever, points to inflammation of the lungs.

In Asthma the cough is accompanied with a wheezing or whistling respiration and difficulty of breathing.

General Diagnosis.

To form a correct idea of the character of disease, and the treatment necessary to produce relief, there are several important points to be taken into consideration, aside from the symptoms as they casually present themselves to the eye.

The age and sex of the patient should be borne in mind, and the diseases most likely to occur in the successive stages of life should not be forgotten.

When man lives his appointed time—dying not of disease, but of old age—there is a regular scale ascending to a certain point, which turned, the

descending path of life commences. Each of these several stages, or steps, is characterised by certain peculiarities.

In the first period of childhood, extending to the time of teething, the little being is extremely susceptible to external influences, and liable to disease from the slightest causes. The whole nervous system is exceedingly sensitive, and the little patient peculiarly liable to affections of the brain and spasmodic attacks. This period should be closely watched.

In the second and third stages, extending from teething to between the seventh and fourteenth years, there is a want of firmness in the fibres of the system, a susceptibility to fatigue, and the consequent necessity of a larger amount of rest than in later years. There is also a liability to affections of the brain and respiratory organs.

The next stage, extending to the twentieth or twenty-fifth year, during which the system is approaching maturity, is one of the most important periods of our existence. It is during this period that the seeds of constitutional disease are most liable to ripen into a fatal harvest; and now, when the passions are strongest, there is the danger, by their abuse, of being thrown from a proper balance into a too powerful exertion of the mind and body, thus sowing the seeds of disease, which may be a torment in after life, or end in early death.

After a person has reached the age of fifty-five or sixty years, he generally begins to feel that he is growing old; the functions of the body may become less active; and the mind, notwithstanding it may be equally strong, less active in its movements. As year after year rolls away, he is made aware, by the stiffness

of the joints, and the gradual blunting of the faculties of perception and sensation, that he is rapidly treading the downhill of life. During this stage, he is peculiarly subject to paralysis of various organs, deafness, blindness, apoplexy, asthma, &c.

Constitution and temperament are also important points of inquiry, a proper understanding of which will materially aid in the correct selection and administration of remedies.

Causation.

The cause of the disease should by no means be overlooked; the previous habits of the patient should be ascertained; and in cases of long standing, or when there is reason to suspect hereditary taint, the health of the parents, and even grandparents, should be known; also whether at any time during the previous life of the patient he has been afflicted with eruptions or other diseases which might not have been entirely eradicated from the system, or whether the medicines given might not have engendered serious disturbances in the vital economy. An understanding of the *cause* of the disease will often be a sure guide to the selection of the remedy.

Thus diseases resulting from contusions, sprains, &c., might indicate the use of *Arnica*. In a rheumatic affection, produced by dampness or getting wet, we should think of *Rhus* or *Dulcamara*. Affections produced by grief or chagrin would require *Ignatia*, while those occasioned by fear would indicate *Opium*, *Aconite*, or *Hyoscyamus*. Diarrhœa, occasioned by cold, requires *Dulcamara*. Derangement of the stomach, with nausea, under certain circumstances, would yield to *Ipecacuanha;* but if the disturbance was occasioned by

eating fatty food, *Ipecacuanha* would be ineffectual, and *Pulsatilla* would be required.

Attention should also be directed to exposures to heat or cold, dampness, unhealthy air, bad or insufficient food and clothing, miasmata, contagions, errors of diet, abuse of spirituous liquors, and the various causes which produce disease.

Finally, the patient should be permitted to explain, in his own words, his general sufferings, and the character and position of the pain. It should be ascertained whether the pain comes on at intervals, or is uninterrupted—how long it continues, and whether it is worse during the day or at night—what peculiar symptoms it is associated with, and such other questions as will guide to an accurate knowledge of the disease.

TABLES.

TABLE OF CORRESPONDING DEGREES ON THE THERMOMETRIC SCALES OF FAHRENHEIT, REAUMUR, AND CELSIUS.

Fahr.	Reau.	Cent.	Fahr.	Reau.	Cent.	Fahr.	Reau.	Cent.	Fahr.	Reau.	Cent.
Boil 212	80	100	149	52	65	86	24	30	23	— 4	— 5
203	76	95	140	48	60	77	20	25	14	— 8	—10
194	72	90	131	44	55	68	16	20	5	—12	—15
185	68	85	122	40	50	59	12	15	— 4	—16	—20
176	64	80	113	36	45	50	8	10	—13	—20	—25
167	60	75	104	32	40	41	4	5	—22	—24	—30
158	56	70	95	28	35	Freez. 32	0	0	—31	—28	—35
									—40	—32	—40

Fahrenheit's Scale is used generally in this country; *Reaumur's Scale* in most parts of Germany and Italy; and the *Centigrade Scale* in France and many other parts of Europe. To convert degrees of Reaumur into those of Fahrenheit, multiply by 2·25, and add 32; and to convert Centigrade degrees into those of

Fahrenheit, multiply by 1·8, and add 32. To convert Fahrenheit into Centigrade, deduct 32 degrees, multiply by 5, and divide by 9.

AVERAGE HEIGHTS AND WEIGHTS OF MANKIND.

The following table of average heights and weights will be found useful as a guide in recording certain cases, especially those of children.

Age in Years.	MALES. Height in Inches.	MALES. Weight in Pounds.	FEMALES. Height in Inches.	FEMALES. Weight in Pounds.
At birth	19·7	6·8	19·3	6·6
1	27·5	19·8	27·0	18·9
2	31·0	24·2	30·7	24·2
3	34·2	27·5	33·6	27·2
4	36·6	30·8	35·9	30·5
5	38·8	34·9	38·5	33·6
6	41·2	39·1	40·7	36·7
7	43·4	43·3	42·9	39·1
8	45·7	47·5	45·5	41·8
9	48·1	51·7	47·4	46·2
10	50·4	55·4	49·2	50·8
11	52·5	59·4	50·6	56·1
12	54·5	63·8	52·7	63·8
13	56·4	72·8	55·8	71·5
14	58·6	81·6	58·1	79·8
15	61·0	90·6	58·9	88·0
16	63·0	99·8	59·8	95·7
17	64·6	109·3	61·1	102·9
18	65·2	118·5	61·6	109·5
19	65·6	126·7	61·8	114·6
20	65 8	130·9	62·0	117·0
21	*65·5	134·6	62·1	119·4
22	*66·2	138·3	62·1	120·0
23	*66·2	141·9	62·1	121·4
24	*65·9	141·9	62·1	121·4
25	*66·3	145·6	62·1	120·5
27	*66·4	144·9	62·1	121·2
30	66·3	145·4	62·1	121·6

* The heights with asterisks are from Danson.

The mean weight of healthy men at the middle period of life varies according to the height, as follows :—

5 ft. 1 in.	120 lb.	5 ft. 6 in.	145 lb.
5 ft. 2 in.	126 lb.	5 ft. 7 in.	148 lb.
5 ft. 3 in.	133 lb.	5 ft. 8 in.	155 lb.
5 ft. 4 in.	139 lb.	5 ft. 10 in.	169 lb.
5 ft. 5 in.	142 lb.	6 ft. 0 in.	178 lb.
		6 ft. 3 in.	190 lb.

METRIC MEASURES.

Length.

	Metre.			Approximately.
Millimetre =	·001	=	·0394 inch ...	$\frac{1}{25}$ inch
Centimetre =	·01	=	·3937 „ ...	nearly $\frac{1}{2}$ in. (10 cen. = 4 inches)
Decimetre =	·1	=	3·937 inches ...	nearly 4 inches
Metre =	1	=	39·37079 „ ...	$39\frac{3}{8}$ inches
Kilometre =	1,000	=	1,093·5 yards ...	5 furlongs (8 kil. = 5 miles)

Weight.

	Gramme.			Approximately.
Milligramme =	·001	=	·015 grain ...	$\frac{1}{65}$ grain
Centigramme =	·01	=	·154 „ ...	$\frac{1}{6}$ grain
Decigramme =	·1	=	1·543 grains ...	$1\frac{1}{2}$ grains
Gramme =	1	=	15·4323 „ ...	$28\frac{1}{3}$ to an ounce
Decagramme =	10	=	·353 oz. av. ...	$\frac{1}{3}$ ounce
Hectogramme =	100	=	3·527 „ ...	$3\frac{1}{2}$ ounces
Kilogramme =	1,000	=	2·2046 lb. av. ...	5 kilos. = 11 lb.

Fluid.

Millilitre =	16·9 min.	Decilitre =	3 oz. 4 dr. 10 min.
Centilitre =	2 dr. 49 min.	Litre =	1·76 pint.

To convert	Decigrammes	to	Grains	multiply by	1·54
„ „	Grammes	„	Drachms	„	·56
„ „	Hectogrammes	„	Ounces	„	3·52
„ „	Kilogrammes	„	Pounds	„	2·2
„ „	Millilitres	„	Minims	„	17·0
„ „	Centilitres	„	Drachms	„	2·83
„ „	Decilitres	„	Ounces	„	3·52
„ „	Litres	„	Pints	„	1·76

To reverse the above Table it is necessary to *divide* instead of multiplying; thus, to convert Drachms to Grammes divide the number of Drachms by ·56, and the result will be Grammes.

WEIGHTS AND MEASURES.

Liquid Measure.

60 Minims	=	1 Drachm
8 Drachms	=	1 Ounce
20 Ounces	=	1 Pint
8 Pints	=	1 Gallon
1 Pint	=	34·66 cubic inches
1 Quart	=	69·318 „ „
1 Gallon	=	277·274 „ „

1 Gallon Pure Water at 62° Fah. Bar. at 30 = 10 lb.

Avoirdupois Weight.

$27\frac{5}{16}$ Grains	=	1 Drachm
16 Drachms	=	1 Ounce =$437\frac{1}{2}$ Grains
16 Ounces	=	1 Pound (lb.)=7,000 „
14 Pounds	=	1 Stone
28 Pounds	=	1 Quarter (qr.)
8 Stones	=	1 Hundredweight (cwt.)
20 Cwts.	=	1 Ton

Apothecaries' Weight.

20 Grains	=	1 Scruple
3 Scruples	=	1 Drachm
8 Drachms	=	1 Ounce = 480 Grains
12 Ounces	=	1 Pound =5,760

The grains Apothecaries' and Avoirdupois are equal.

TEMPERATURE OF BATHS.

Tepid Bath	85° to 92°
Warm Bath	92° „ 98°
Hot Bath	98° „ 106°
Turkish Bath	125° „ 200°

A DICTIONARY

OF

DOMESTIC MEDICINE

ABORTION. *See under* **PREGNANCY**.

ABSCESS.—The formation of matter as a consequence of inflammation of any of the tissues of the body is called an abscess. An abscess may be *acute* or *chronic*. An *acute* abscess may follow an injury such as a blow, or the presence of a foreign body, as shot or a piece of wood, which has been driven into the flesh. A common seat of both acute and chronic abscesses is the lymphatic glands of the neck, groins, or armpits. Following a simple cold, or inflammation of the throat, especially in connection with fevers like scarlatina, the glands in the neck become irritated by absorption of disease-germs from the inflamed surface, and, if the irritation is intense, the tissues are then inflamed and form abscesses. The glands in the groin and armpit may become centres of inflammation or abscess in the same way from cold, over-strain, or injury to the skin of the foot or hand. Another common abscess met with in

nursing women is abscess of the breast. *Chronic* abscesses appear in the same situations, and from the same causes, when there is some constitutional depravity, as scrofula. The commonest and most serious chronic abscesses arise in connection with diseased bones. When the bone of any part becomes diseased, whether the bone of the spine or of any other part of the skeleton, the tissues around are irritated, as they are by the presence of a splinter or foreign body; they consequently become inflamed, and very large abscesses sometimes result.

Diagnosis.—The distinguishing features of an *acute* abscess are swelling, heat, redness, and pain. It is distinguished from other swellings and tumours by the rapidity of its formation, by the throbbing pain and tenderness of the part, and by the constitutional symptoms, especially shivering fits, or "rigors," as they are called. The formation of an internal abscess may be discovered by the occurrence of these rigors when there is no other apparent cause. When the abscess is large, and has ripened, the sensation of "fluctuation" gives additional certainty. This is obtained by laying the finger on one side of the swelling, and gently tapping the other side; a wave of impulse passes from side to side as when an india-rubber bag containing fluid is tapped in the same way. In *chronic* abscess there is less acute pain, and the formation is more slow, but there are rigors, and fluctuation can generally be obtained. With the constitutional history of the patient there will not be much difficulty in diagnosing the case, and, of course, when the abscess discharges, all doubt is set at rest.

General Treatment.—In the forming stage the part must be given absolute rest. As soon as matter has

formed, if the pain is great, warm poultices of linseed or bread may be applied. But when poulticing is resorted to it should always be done with caution. Continuous poulticing renders the parts sodden and of low vitality, making the healing tedious. A much better plan is to bathe the part three or four times a day with hot *Calendula* lotion (about a teaspoonful of the tincture to the half-pint of hot water); and a compress of the same may be applied with flannel (and not oiled-silk) for a covering. This prepares the tissues for the opening and subsequent healing. If the abscess is superficial I find it much better to let it open of itself than to use the knife. As soon as it has discharged it should be washed from time to time with *Calendula* lotion and *Calendula* ointment applied. After the abscess has opened, or has been opened, the compresses should be discontinued, and *Calendula* lotion applied. Abscesses occurring in special places, as the ear and the breast, require special treatment, which will be described under those headings. The opening of chronic abscesses is attended with considerable danger, and should always be performed by a medical man. The dressing of chronic abscesses requires the services of a skilled nurse for the proper washing out and dressing of the cavity. *Calendula* lotion (one part of the tincture to ten) is of the greatest service in these cases.

Medicines.—(Every hour when the symptoms are acute until relief is obtained, then less often.)

Merc. sol. 6.—So long as there is any chance of stopping the inflammatory process; also for hardness remaining after the abscess has healed.

Bell. 3.—When there is much redness, pain, and throbbing with it.

Hep. 6.—When matter has formed ; this will assist the maturing of the abscess, will sometimes abort it, and in many cases will render opening the abscess unnecessary.

Silic. 6.—When discharge has taken place. Profuse discharge in chronic abscess. *Silica* follows Hepar well ; but must not be given immediately after *Mercurius.*

ACCIDENTS. *See* **BRUISES, BURNS, WOUNDS.**

ACIDITY.—Definition.—A disordered condition of the stomach, in which an abnormal quantity of acid is secreted. The symptoms are : Heat in the pit of the stomach, sour risings into the mouth, and sour taste in the mouth.

Diagnosis.—Acidity is a form of dyspepsia, and it may be uncomplicated. In that case it may be treated as an isolated disease. When it is only a symptom of disease of the stomach, the complicating symptoms, as wasting, loss of strength, and abdominal pains, will show what is the nature of the disease, and the patient will have to be treated according to the totality of the symptoms.

General Treatment.—Avoidance of fat, sugar, and starchy foods. Copious draughts of hot or cold water are sometimes of service.

Medicines.—(Two or three times a day until relief is obtained.)

Calc. carb. 6.—The most generally useful medicine ; especially indicated if the patient is pale, has cold, damp feet, and tendency to perspire about the head.

Argent. nit. 6.—Pain at the stomach, with eructation of wind, which gives relief.

Lyc. 6.—Constipation with much flatulence, dark-coloured urine; symptoms worse from 4–8 p.m.
Sulph. 6.—Sinking at pit of the stomach about 11 or 12 in the morning; hot flushings; constipation, or diarrhœa driving the patient out of bed in the morning. *See also* **HEARTBURN** and **WATERBRASH**; and *under* **PREGNANCY**: Heartburn.

ACNE.—**Definition.**—Pimples, usually on the face, but also sometimes on the back and chest, and other parts, occurring mostly at the period of adolescence, and affecting the sebaceous glands of the skin.
General Treatment.—Avoidance of rich and indigestible articles of food and all self-indulgent habits. Proper attention to bathing and exercise.
Medicines.—(Two or three times a day until there is marked improvement, then at increasing intervals.)
Carb. v. 6.—The most useful medicine in simple and recent cases occurring in young persons.
Puls. 3.—In pale, impressionable subjects.
Bell. 3.—Acne of face in young, full-blooded people.
Nat. mur. 6.—In persons of earthy complexion who suffer from constipation, or are bloodless.
Calc. and *Sulph.* should be given according as the constitution of the patient corresponds to either. *See* **CONSTITUTIONS.**

ADENOIDS.—This is a name given to an affection of the back of the nose and upper part of the throat, causing obstruction to breathing. It is most common in young children. It consists of hypertrophied glandular ("adenoid" means "glandular") tissue, the elements of which are found normally in this situation and are identical in structure with that of the tonsils.

It is the abnormal growth of the tissue which constitutes the disease.

Symptoms and Diagnosis.—One of the first symptoms calling attention to this disease is seen in the breathing. Children are noticed to keep their mouths open in an unnatural way. They cannot breathe through the nose except with difficulty, and keep their mouths open in sleep, and snore. On looking into the throat the tissues are found to be swollen, the tonsils are very likely enlarged, and on passing the finger up behind the palate the little swellings are found, giving a worm-like feeling to the finger. If this condition is allowed to go on other changes appear. Deafness is a common accompaniment, and contraction of the chest may result.

General Treatment.—The usual recommendation at the present day is to have the growths removed as soon as they are discovered. That is not my advice. In certain cases where the growths are very dense and the hearing is seriously threatened, operation may be imperative. But in cases which are less advanced constitutional treatment should first be tried. This will be described below under **medicines.** Of general measures, it is important that *colds* in children should never be neglected. For although the disease has a constitutional basis, constant colds are a fruitful means of lighting it up. A damp climate tends to foster them, so where it is possible to make the choice, a dry one should be selected. Good feeding and proper clothing and exercise are necessary adjuncts. But one of the most important measures is to teach the child *nasal breathing.* Dr. Roberson Day, Physician to the Children's Department of the London Homœopathic

Hospital, has described in his little book, "Adenoids Treated without Operation," a chin-strap which he has devised for children to wear at night. It is made by Meyer and Meltzer, of Great Portland Street, W. Breathing exercises are very helpful.

Medicines.—(Three times a day unless otherwise specified.)

Calc. c. 6.—In fat, blue-eyed children who have night terrors. Cold feet, perspiring heads.

Calc. phos. 12.—In thin children.

Iodum 3x.—In children with dark hair and eyes; emaciation.

Thuja 6.—Where there is a vaccinal taint. *Thuja* ϕ may be used in any case locally. A camel's-hair brush moistened with the tincture can be passed along the floor of the nostril from front to back.

Bacillinum 30.—A dose of this may be given once a week in addition to the other remedies in cases where there is a tubercular history.

AGUE.—Definition.— Fever occurring in marshy places, coming in paroxysms of one, two, or more days' interval; commencing with chill, and followed by heat and sweat.

Diagnosis.—There is not much difficulty in distinguishing ague or intermittent fever from other fevers. The chill, followed by heat and sweat, the disappearance of the fever, and the return at more or less regular intervals, are characteristic. All these features are not always present in every case. There may be absence of chill or of sweat, but there will always be sufficient to decide its true nature. In the eruptive fevers there is the rash, and the fever is continuous. In rheumatic fever the fever is also continuous, and there is affection of the joints. In ague there are

often bone pains, but these are intermittent, like the fever.

General Treatment.—Where the air is malarious, the bedroom window should be open only a few hours in the middle of the day, and should never be on the ground floor. Nothing that lies heavy on the stomach should be eaten; pastry and baked or roasted things should be avoided. Attention should be paid to the clothing, which should be warm and well aired. During the sweating stage of the fever, the patient should lie between blankets. If he is thirsty, he may drink water if the water is good; if the water is not above suspicion, it should be boiled and filtered and toast-water made of it.

Prophylactic Treatment.—Now that the part played by the mosquito in disseminating intermittent fever has been made known, every care should be taken to secure protection against its bites. Before entering a malarious district, it is advisable to take, for a week or two beforehand, one dose daily of *China* 1 or *Arsen.* 3, and also from time to time whilst in the district. Those who live in marshy places, or near newly-opened canals or dug land, should take, as soon as they feel any signs of illness, a dose of *China* 1, every two hours. After twelve hours, if no better, they should take a dose of *Ipecac.* 3, and after another twelve hours a dose of *China* again. If this does not suffice to dissipate the illness, one of the following medicines must be given.

Medicines.—(A few doses to be given at one or two hour intervals before an attack is expected, and after it is over, not during the attack.)

Ipecac. 3.—Much internal chilliness, which is increased by external warmth; little or no thirst in the cold stage, but much in the hot stage; clean or slightly

furred tongue; nausea and vomiting, and oppression of the chest immediately before the attack, or during the cold and hot stages.

Ipecac. will often develop the characteristics of an attack. If there is any doubt about the remedy, give *Ipecac.* every four hours after an attack is over for one day, and then another dose just before the attack is expected. It may be there will be no other attack. If another attack occurs, another remedy must be given according to the indications.

Arsen. 3.—When the different stages are not distinctly marked, chills, heat, and sweat occurring together; or when frequent changes from chilliness to heat, and internal chilliness with external heat; paroxysms imperfectly developed; little or no sweat, or none till long after the heat has subsided; prostration; burning pains; restlessness, anxiety; drinking often, and but little at a time; uneasiness about the heart or oppression and spasms of the chest; nausea or sickness and vomiting; bitter taste; violent headache continuing after the hot stage; buzzing in the ears during sweating. All the patient's sufferings, as headache and pains in the limbs, are worse during the attack.

China 1.—Paroxysm preceded by nausea; voracious appetite; headache; agitation; palpitation; sneezing; thirst during sweat, sometimes continuing all the time between the attacks; chills alternating with heat, or when the heat does not come on for some time after the chills have ceased; sleeplessness, or disturbed sleep; prostration and sallow complexion. When there is much thirst in the cold or hot stages *China* must not be given.

Calc. 6.—Alternate chills and heat; external coldness and internal heat; heat in the head and face, with

coldness of the limbs, and clammy hands and feet, sometimes cold up to the abdomen ; giddiness ; feeling of heaviness in the head and limbs ; violent pains in the small of the back, and anxiety.

Sulph. ϕ or 3.—Attacks coming on in the after part of the day, with evening chills, fever during the night, with sweating in the morning ; palpitation of the heart. After checked eruptions.

Verat. 3.—External coldness with internal heat ; cold, clammy sweat, especially on the forehead, and general coldness of the whole body ; chilliness without heat, or chilliness and heat by turns ; giddiness ; constipation or diarrhœa ; sometimes nausea or vomiting, or pain in the back and loins.

Puls. 3.—When the slightest disorder of the stomach brings on a relapse. Absence of thirst during the whole attack, or thirst only during the hot stage ; heat and chilliness at the same time ; bitter taste in the mouth ; bitter or sour vomiting of phlegm or bile ; the attacks come on in the afternoon or evening, and the patient complains of chilliness continually.

Ignat. 3.—When there is thirst in the cold stage but not in the hot ; chilliness relieved by external warmth ; heat of some parts of the body and chill of others ; heat externally only ; pain in the bowels during the cold stage, followed by heat, with debility and sleepiness.

Nux v. 3.—When the attack begins with great debility and desire to lie down ; giddiness ; cramp in muscles of abdomen or calves ; stitches in the sides ; alternate heat and chills, or heat preceding the chills ; heat externally and chilliness internally, or *vice versâ ;* desire to be constantly covered, even during the hot and sweating stages ; external warmth gives no relief ; heat

and pain in the head ; buzzing in the ears ; redness of the cheeks ; thirst and anxiety during the hot stage ; constipation.

Natrum mur. 6.—Useful in intermittents of old standing after the abuse of quinine. The special symptoms are, violent pains in the head during the chilliness, and increasing during the heat ; prolonged chills, beginning about 10 a.m. ; dimness of sight and partial loss of consciousness during the fever and during the time between the attacks ; lips chapped or blistered, slight fever continuing through the intermission.

Caps. 3.—Chilliness preceded by thirst, followed by heat without thirst ; chills, violent and long-continued, beginning in the back between the shoulder-blades ; intense burning both internally and externally ; accumulation of phlegm in the mouth and throat ; slimy, burning diarrhœa ; great intolerance of noise.

Eupatorium perfoliatum 3.—When the attacks are preceded by violent pains in the bones and thirst, persisting through the attack.

AGUE-CAKE.—Enlarged spleen left behind after ague.

Diagnosis.—Under the free ribs of the left side and the upper part of the abdomen of that side, there is a hard swelling, often the seat of pain. It is firm and resistant to pressure, and gives a dull note when percussed with the finger. It is formed by the enlarged spleen. It may be distinguished from all other tumours in this situation by the history of the patient. It is always clearly traceable to former attacks of ague, and generally to residence in malarial districts.

Medicines.—(Two or three times a day until relieved.)

Natrum mur. 6.—The most useful generally.

Ceanothus 1.—When there is pain in the spleen.

ALCOHOL HABIT.—The only cure for the habit of over-indulgence in alcohol is total abstinence. The craving for it may be relieved or removed by taking tincture of *Cinchona rubra* ϕ, gtt. xxx. in a wine-glass of water three times a day. When the craving comes on it may sometimes be relieved by eating a few raisins.
Medicines.—(Every hour or two until relieved.)
Nux v. 1.—For morning vomiting and tremulousness.
Ant. tart. 6.—For chronic vomiting with white tongue.

ADMINISTRATION OF MEDICINES.—Medicines are administered in various forms—in pilules or tablets, which may be taken dry, or, if the sweetness is objectionable, may be dissolved in a little water; in powders, which are best taken dry on the tongue; and in tinctures, which are taken mixed in water. When no special directions are given in this book, it is to be understood that the medicines named may be taken in the form of pilules or drops. One pilule or one drop is the usual dose. In cases of acute pain and imminent danger, the dose may be taken every hour or oftener. It is often convenient to mix sufficient quantity of tinctures to last for one or two days. In that case, eight drops may be mixed in eight dessert-spoonfuls of water, and a dessert-spoonful taken four times a day. The vessel containing the medicine must be scrupulously clean, must be kept covered with a saucer or piece of paper, and away from the light and from strong odours. The spoon should be of earthenware. The best time for administering medicines (if there are no special reasons for giving them otherwise) is from one hour to a quarter of an hour before meals and at bedtime.

ANÆMIA.—Anæmia is a term used to denote various conditions of the blood in which there is a deficiency of

some of the blood elements and an increase in its watery constituents. Anæmia depends on many causes. It is most frequent at puberty in young girls, and is often accompanied by nausea and vomiting ; sometimes there is a greenish pallor, and then the condition is popularly known by the name of " green sickness."

Diagnosis.—Anæmia is a disease which is generally obvious to the first glance. The pallor of the face and absence of colour from the lips explain themselves. But it is a mistake to regard the bloodlessness as the whole of the disease. It is commonly dependent on some deep constitutional taint, as scrofula, or on chronic poisoning. Arsenical wall-papers are responsible for a good deal of anæmia, and also the excessive use of iron.

General Treatment.—Good food, warm clothing, open-air exercise.

Medicines.—(Two or three times a day until relief is obtained. To be resumed after an interval if the improvement comes to an end.)

Ferrum 6.—When there is throbbing headache, the face flushing easily and very pale when the flush fades. (Some of the cruder preparations of iron and hæmoglobin are of service in these cases. Flatwick water in doses of one dessert-spoonful three times a day is also useful.)

Nat. mur. 6.—With constipation, chilliness, earthy complexion.

Puls. 1.—Chilly subjects. When the monthly periods are scanty, or delayed.

Petrol. 3.—When there is nausea or vomiting.

Argent. nit. 6.—Sharp pain in the stomach and tenderness, palpitation, faintness.

Calc. 6.—Weariness ; patients who have cold, clammy hands and feet ; pale, lymphatic subjects.

Sulph. 6.—In sanguine subjects ; cold hands and feet, hot head ; constipation ; hunger 11 a.m.

ANGER, EFFECTS OF.—Anger may bring about serious bodily disorders. Women who are nursing children should never give the breast soon after a fit of passion. Quiet and seclusion are the best remedies for the fit.

Medicines.—(Every hour until relief is obtained ; then less often.)

Acon. 3.—When fever is the result.

Cham. 6.—Where it takes the form of jaundice. Nursing women should take a dose of *Cham.* after an angry fit.

Ignat. 3.—When the result is an attack of hysteria.

ANKLES.—Weak ; Painful ; or **Swollen.**

General Treatment.—This will depend on the cause of the weakness. If it is rheumatism, the patient must wear woollen clothing, and adopt all the precautions advised under that heading. If it is due to general debility, constitutional treatment will be required. In case of simple local weakness, hot salt-water or sea-water baths should be used, and proper exercises, which will be prescribed by a medical man, to develop and strengthen the parts that are weak.

Medicines.—(Two or three times a day.)

Apis 3.—Simple swelling.

Calc. phos. 3.—Weakness of the ankles.

Calc. carb. 6.—For pale, fat, rickety children.

Silic. 6.—Thin, rickety children.

ANUS, ITCHING OF.—This troublesome affection is generally dependent on the presence of small worms in the lower bowel ; sometimes it is due to piles ; and it may also exist independently.

General Treatment.—When the itching is due to the presence of thread worms, inject warm water, in which Eau de Cologne or Spirit of turpentine (ten drops of either to the half-pint) has been mixed. When the itching is due to piles, apply *Verbascum* ointment (one teaspoonful of the θ tincture to the ounce of vaseline or pure lard). When the itching is simple, and does not depend on another disease, sweet oil may be rubbed on the part or injected ; injection of cold water, or vinegar and water may succeed, if the other means do not suffice. Coffee, salt, sweetmeats and pastry must be avoided.

Medicines.—(Morning and evening.)

Nux vom. 3.—Itching, either internal or external; worse when sitting, or after stimulating food or drinks ; when due to coffee or strong liquors ; when accompanied with pain ; when due to piles, dry, or moist and bleeding, and costiveness ; when due to worms.

Acon. 3.—When due to small worms, and there is fever, this may be given at night, and *Ignatia* in the morning, if *Nux* is not sufficient.

Ferrum 6.—May be given after the above, if insufficient.

China 3.—If there is diarrhœa.

Sulph. 3.—When, besides itching, there is burning pain, and soreness in and around the anus, with sensation of heaviness and fulness.

ANXIETY, VEXATION, WORRY.—The effects of these may be relieved by taking *Ignatia* 3 every hour.

APOPLEXY.—Effusion of blood on the brain, causing loss of power, or disorder of sensation of some part of the body, usually one or other side. With this there may be loss of consciousness, and, when the effusion

is very extensive, sudden death. Sometimes there are premonitory symptoms, such as numbness and pricking of the limbs, heaviness, drowsiness and vertigo, faintness, vomiting, alteration of temper.

Diagnosis.—When an attack of apoplexy is slight, and the patient does not lose consciousness, there will be no difficulty. The patient suddenly feels he has no longer power in one or more of his limbs. With this loss of power there is generally altered sensation, numbness, tingling, and sometimes pain. When the attack is so severe as to completely prostrate the patient it may be mistaken for a fit of drunkenness, and the alcoholic smell of the breath is not sufficient to distinguish between the two, since a patient may be seized with apoplexy soon after having taken alcohol to drink. The best rule to make in doubtful cases is to treat all as if cases of apoplexy until the effects of the alcohol have had time to pass off. Cases of opium poisoning are also difficult to distinguish from apoplexy. There will generally be a history of poison having been taken ; there will be the smell of the drug, and the pupils will be found contracted to a pin-point aperture. In epilepsy there is struggling as a rule, and the history will help to decide in these cases. Persons subject to epilepsy are usually well known to be so.

General Treatment.—The patient should be placed in bed at once, with head raised. The clothing should be loosened. Plenty of fresh air should be admitted, and perfect quiet enjoined.

Medical Treatment.—This will not be undertaken except by a medical man, whenever there is one to be obtained. Medicines will be given according to the symptoms, and especially the premonitory symptoms, when they can be learned.

Nux v. 3.—Every hour. Giddiness, headache, fulness in the head.

Bell. 3.—Every hour. Full throbbing head, with flushed face.

Opium 3.—In an attack ; slow, full pulse ; face red or pale.

Antim. tart. 3.—If there has been vomiting before the attack, or on recovery.

Arnica 3.—When symptoms of active congestion are absent.

[N.B.—The best mode of administering medicine in a fit of apoplexy is by placing a few globules of the remedy on the tongue. The effect of the remedy should be watched, and the dose repeated when its effect seems to be exhausted.]

APPARENT DEATH.—In all cases of sudden death, or apparent sudden death, the greatest care should be taken to ascertain which is the actual fact. The only absolutely certain sign of death is the appearance of putrefaction. So long as uncertainty exists efforts at restoration should not be omitted. The greatest care should be taken in handling the bodies, as any roughness may speedily convert a case of apparent death into one of actual death.

Hunger.—Persons who faint from want of food may be mistaken for dead. Warmth and careful feeding is the remedy here, and the longer they have been without food the less of it must be given at first. In the worst cases injections of warm milk, frequently repeated, must be administered when signs of returning life are shown. A few drops of milk may be given to drink, increasing in quantity by slow degrees. Toast-water and broth may be given in addition, but no solid food until after the patient has had a sleep,

during which care must be taken that he is covered up warmly.

Accident.—When a patient is apparently dead after an accident, he should be placed on a bed with the greatest care, and a few globules of *Arnica* 3 put on his tongue. There is nothing else to be done but wait for the arrival of a doctor, to see if life is actually extinct, or what is the extent of the injury.

Drowning, Suffocation, Hanging, Choking.—*There must be no delay in commencing the treatment in these cases.* In cases of choking first ascertain if there is anything, such as a morsel of food, blocking the larynx. If so, and it cannot be dislodged through the mouth, tracheotomy must be resorted to at once, and then the measures below adopted.

In cases of drowning:

"*Instantly* turn the patient's face downward, with a large firm roll of clothing under stomach and chest. Place one of his arms under his head, so as to keep his mouth off the ground. Press with all your weight, for four or five seconds each time, upon the patient's back, so that the water is forced out of the lungs and stomach, and drains freely from the mouth.

"Then"—and this applies to all cases of suffocation as well as drowning:—

"*Quickly* turn patient's face upward, with a roll of clothing under the back, just below the shoulder-blades, and make the head hang back as low as possible. Place patient's hands above his head. Kneel with patient's hips between your knees; fix your elbows firmly against your hips; now—grasping lower part of patient's naked chest—squeeze his two sides together, pressing *gradually* forward with all your weight for about three seconds until your mouth is

nearly over mouth of patient; then, with a push, *suddenly* jerk yourself back. Rest about three seconds; then begin again, repeating these bellows-blowing movements with perfect regularity, so that foul air may be pressed out, and pure air drawn into lungs, about eight or ten times a minute, for at least an hour, or until the patient breathes naturally.

"Prevent crowding around patient; plenty of fresh air is important. Be careful not to interrupt the first short natural breaths. If they be long apart, carefully continue between them the bellows-blowing movements as before. After breathing is regular, let the patient be rubbed dry, wrapped in warm blankets, take hot spirits and water in occasional doses, and then be left to rest and sleep."—Dr. Benjamin Howard, quoted by Dr. Hering.

Cold.—Persons may be restored after having been apparently dead from being frozen for some time. The greatest care is required. The application of heat is fatal. They must be placed in a cool room and covered with snow, or put into a bed cooled with ice and gradually thawed till all the limbs are pliable. Then they are to be placed on a dry bed and rubbed with cold flannel. If there are no signs of returning life give an injection of camphor—one drop of spirit of camphor to half a tumbler of water, and as soon as the patient can swallow, lukewarm coffee without milk, a teaspoonful at a time. If violent pains are experienced, *Carbo veg.* 6 should be given every five or six hours, and if this does not suffice, *Arsenicum* 3. If there is heat, or if stinging pains in the head are felt, *Aconite*, wine, or brandy may be given in small quantities if the patient craves for it. He must avoid going near a fire for a considerable time.

Lightning.—Put the patient in a current of cool fresh air, and dash plenty of cold water on face, neck, and chest. Give, as soon as he moves slightly, *Nux vom.* 3 every half-hour, either on the tongue or by injection. For blindness following lightning stroke, give *Phosphorus* 3.

Mental Emotions.—Violent mortification, *Cham.* 6 ; grief, *Ignatia* 3 ; fright and violent anger, *Acon.* 3.

APPENDICITIS.—Inflammation of the Appendix vermiformis of the blind gut and of the peritoneum and tissues in its neighbourhood. The symptoms of it are pain in the abdomen low down on the right side. There is rigidity of the abdominal wall of the region and tenderness most marked at a point midway between the pubic bone and the crest of the ilium or hipbone. It arises from many causes, sometimes, but by no means most frequently, from foreign bodies lodging in the appendix. It may run a slow course or an acute course. There is always some fever, and when the fever is high and symptoms of abscess appear, operation will be called for. But the great majority of cases are curable by medicines.

Diagnosis.—The locality of the trouble will prevent appendicitis being mistaken for general peritonitis or inflammation of the bowels. The febrile symptoms and the rigidity of the abdominal wall will distinguish it from colic. In females, inflammation of the right ovary and its attachments, or inflammation of the tissues around the womb may be mistaken for appendicitis, but there will in these cases be a history of womb troubles which will prevent confusion.

General Treatment.—When there is any rise of temperature associated with abdominal pain the patient must be kept in bed. Only light diet—no meat, fish, or

poultry—must be given. Beef-tea, gruel, barley-water, milk or milk and soda-water are the best. The painful part should be painted with glycerol of *Belladonna*, (equal parts of glycerine and *Belladonna* ϕ) and hot compresses applied frequently in addition. These must not be covered with oil-silk but allowed to dry. Another valuable application is hot lime-water compresses.

Medicines.—(Every hour till symptoms are relieved, then less often.)

Bellad. 3.—Acute pain and tenderness, fever, flushed face.

Lach. 6.—Cutting and tearing pain right side of abdomen, distention, sensitiveness, irritability.

Arsen. 3.—Burning pains, anguish, restlessness, prostration, fever, thirst.

Hepar. 6.—Great sensitiveness, hectic fever, and symptoms of threatening suppuration.

APPETITE, Lost.—Loss of appetite is usually only one symptom of a general disorder, and the whole bodily condition must be considered in treating it. The use of condiments to restore appetite is bad. When there is a strong craving for salt things or acids, these may be given until the craving is satisfied. Open-air exercise is the best restorative, and the free use of cold water. Water should be drunk very sparingly *at* meals, but freely *before* and an hour or two *after* meals. A glass of cold water first thing in the morning, and last thing at night, is often efficient. *See also* **TONICS.**

Nux vom. 3.—Tongue coated at back ; bitter taste ; tendency to constipation. Half an hour to fifteen minutes before meals.

Iodine.—Loss of appetite with emaciation, two drops of the 3x tincture half an hour before meal times.

China 1.—Loss of appetite after debilitating diseases; want of appetite, which returns while eating.

Depraved Appetite.—*Calc. c*, 6.—For indigestible things, as chalk or coal.

Nat mur. 6.—For salt things.

Puls. 3.—For beer.

Hep. 6.—For sour, highly flavoured, pungent things.

Increased Appetite.—*Iodium* 3.—Canine hunger feels faint if food is not taken every three or four hours.

ASCARIDES. *See* **WORMS.**

ASTHMA.—Paroxysms of difficult breathing, sometimes associated with disease of the heart or chronic bronchitis, and sometimes purely spasmodic, without any affection of the lungs or bronchi. Asthma is often hereditary, and may attack persons of all ages, but is more commonly met with in age than in youth. The paroxysms come on suddenly, often in the night, with a feeling of suffocation and desire to take a long breath. All the muscles of breathing are brought into play, the patient sits up, the head is thrown back, the breathing is laboured, whistling and rattling sounds are heard all over the chest, the patient asks for the doors and windows to be thrown open. The face is pale or livid; eyes anxious or protruding; forehead covered with profuse cold sweat. An attack may be brought on by several causes—odours, smoke, dust, irregularity of diet, over-exertion, mental emotions, suppression of accustomed discharges.

Diagnosis.—The diseases likely to be mistaken for asthma are *bronchitis*, *croup*, and *spasm of the larynx*. From *bronchitis* it is distinguished by the rapid disappearance of the rattling and wheezing on the chest

after an attack ; by the sudden appearance and disappearance of the attack ; and by the fact that the breathing is slow, wheezy, and prolonged, whilst in bronchitis it is hurried. In *croup* and *laryngeal spasm* the age of the patient helps to distinguish, children being more liable to these than to asthma ; also the character of the breathing ; in croup and spasm of the larynx the difficulty is in drawing in a breath, in asthma it is in expelling it.

General Treatment. Relief may be obtained during an attack by plunging the hands into hot water ; by bandaging the arms above the elbows, commencing with the left. If the attack is induced by the smell of ipecacuanha, camphor or sweet nitre should be given to smell of ; if by inhaling fumes of sulphur, pulsatilla is better. When attacks come on immediately after a meal, chewing a little ginger will relieve. Patients subject to asthma should wear woollen clothing, rub the skin well with a coarse wet towel, and take warm drinks. Those who have dusty occupations should wear respirators.

Medicines.—(To be given in the attack every fifteen minutes until symptoms improve, and then less frequently. In the intervals two or three times a day.)

Ipecac. 3.—Feeling of constriction about the chest ; panting, rattling in the windpipe, as if full of mucus, which seems to be moving up and down. Patient gasps anxiously for breath ; face pale, hands and feet cold.

Nux vomica 3.—When the attack occurs early in the morning ; when induced by disorders of the stomach or indiscretions in eating or drinking.

Lobelia 3.—With nausea and great depression of the heart.

Arsenicum 3.—Most violent attacks, especially those occurring in consequence of suppressed catarrh, moaning, groaning, uneasy tossing about ; in old people who are attacked whilst walking, who can breathe but the distress continues.
Arnica 3.—When the attack is induced by exertion, speaking, or even blowing the nose ; respiration laboured or oppressed, with shooting pains in chest.
Sambucus 3.—Especially in children, attack beginning in the night, sweat on throat and neck.
Pulsatilla 3. In blondes, and persons of mild disposition ; breath seems to be impeded in lower part of chest, drowsiness, free expectoration.
Sulphur 6.—In chronic cases ; after suppressed eruptions ; patients who suffer from skin affections ; who have flushes of heat and fainty spells ; sinking feeling at the pit of the stomach, worse in the forenoon. The asthma may be dry or accompanied with profuse yellow expectoration.

ATROPHY. *See* **EMACIATION.**

BACK, PAINS IN.—Pains in the back may be due to many different causes. When they accompany constipation, piles, disorders of menstruation, or other affections, the primary ailment must be attended to. When the back pains are the chief or sole affection, they are generally due to rheumatism in some form affecting either the muscles of the back or their sheaths, and generally known by the name of *Lumbago*.
General Treatment.—Those who are subject to lumbago should wear woollen or silk clothing next the skin, and be very careful about catching cold. A broad band of new flannel worn across the loins is a good preventive. For those who are exposed to the

weather, a sheet of *brown paper* stitched into the waistcoat is as good a protection of the back as any. During the attack, ironing the part with a flat-iron through flannel or brown paper is often an efficient remedy.

Medicines.—(To be given every half-hour until relief is obtained, and then less often.)

Acon. 3.—From dry cold or a draught; pain sharp or as if sprained; excited by touch; the part sensitive.

Act. r. 3.—If with the pains there is restlessness and sleeplessness.

Ant. t. 6.—Pain as from weariness, particularly when sitting; or in the small of the back as after carrying a load. Sensation of weight. One of the most useful remedies in *Lumbago.*

Arnica 3.—If caused by sprain or external injury.

Bryonia 3.—Severe pains compelling the patient to walk stooping; aggravated by the least motion.

Nux vom. 3.—The part feels bruised, or as after fatigue, turning in bed aggravates; when accompanied by constipation and irritable temper.

Rhus. 3.—Pains like those of *Nux v.*, but aggravated by rest.

Puls. 3.—Similar pains to those of *Nux v.* in persons of mild disposition.

Merc. 6.—When the pains are much worse at night.

BAD TASTE IN MOUTH. *See* **TASTE.**

BATHS.—Baths are useful for several purposes—for cleanliness, for warming or cooling the body, for stimulating the skin, and for applying certain medicaments externally.

Robust persons may, with advantage, indulge in the morning cold bath or sponge down. But it

should be suspended in the event of their having a cold. During the period with women the bath must be suspended. Infants who are strong and robust may have a daily bath, tepid or warm ; but when there is any delicacy the daily washing should be confined to the exposed parts, and a complete bath be given not oftener than once a week. This rule also applies to delicate adults.

Sea-salt may be added to the water of the morning bath in such quantity as to make it like sea-water. This increases the stimulating effects on the skin, and also tends to prevent chilling afterwards.

The *Hip bath* is given tepid or cold. The patient must sit in about twelve inches of water, and be warmly covered, the feet especially being kept warm. When given tepid the patient should sit in it from ten to twenty minutes, when cold from two to ten minutes. The tepid bath is useful for relieving congestion of the pelvic organs ; the cold bath is tonic to them.

The *Foot bath* is usually given hot, and is useful in colds. The cold foot bath is useful in determination of blood to the head, but must never be given for longer than one or two minutes.

Packs are a form of bath. A sheet, wrung out of hot or cold water (as the case may be), is laid on blankets, and the patient placed on the sheet. This is rapidly wrapped round him and the blankets over it, other blankets being placed over these to retain all the bodily heat. Partial packs of any locality of the body (as the throat) are given in the same way. A small piece of linen dipped in water, wrung nearly dry, is placed on the part and several folds of flannel over this.

Hot air baths are useful for inducing perspiration where the skin does not act well in cases where it is more than usually important that it should, as in kidney diseases. A cradle is placed over the patient, and hot air introduced from an apparatus made for the purpose. *Turkish baths* have a similar action, and are preferable when they can be obtained. They are useful in many rheumatic conditions.

BED-SORES.—When bed-sores threaten bathe the part with whisky.

In debilitated persons, who lie much in one position, the tissues which cover prominent bones, as, for instance, the hip-bones, are unable to bear the pressure, and become irritable and inflamed, and, if care is not taken, gangrenous. All patients suffering from long or severe illnesses should be carefully watched by the nurses who wash them, and the first signs of soreness should be reported to the doctor in attendance. But the nurse must herself begin the treatment. The tender part must be relieved of pressure by means of pillows or pads. Where this cannot be managed a water-bed must be procured. The sore part must be bathed with spirits of wine (or brandy or whisky) if the skin is not broken. If the skin is broken it must be dressed with *Hypericum oil.*

BILIOUSNESS.—Some persons are subject to attacks of heaviness and low spirits, loss of appetite, and vomiting of bile every few weeks, or, it may be, at irregular times, from indiscretion in diet or other causes, and they are said to be "bilious," and these attacks are called "bilious attacks." They are at times accompanied with severe headache. Persons of this habit of body are usually compelled to take a certain

amount of exercise each day to keep off these attacks. The attacks are due to imperfect action of the liver, which, unless kept in order by exercise and a proper mode of living, relieves itself periodically by excessive secretion of bile and a "bilious attack."

General Treatment.—Avoidance of rich food, or too much of any kind of food. Regular modes of living, open-air exercise, attention to the bowels, and the use of whole-meal bread if there is a tendency to be constipated.

Medicines.—In the old days a blue pill at night and a black draught in the morning was the medical treatment for these conditions, and it certainly had the effect of stimulating the liver and relieving the bowels, but it reduced the strength of the patient, and did nothing towards preventing a second attack.

The Attack—(Medicines to be given every half-hour.)

Nux vom. 3.—Vomiting of bile, violent headache, constipation.

Bry. 3.—Sharp pain in liver, frontal headache, constipation, white stools.

Podoph. 6.—Vomiting of bile, morning diarrhœa, green or yellow stools.

The Constitution.—(Medicines to be given three or four times a day.)

Nux vom. 3.—In spare persons of sedentary habits, subject to constipation.

Bry. 3.—In dark patients, subject to pains in the shoulder and liver ; feeling of weight at the stomach after food ; constipation with light stools.

Puls. 3.—In blonde persons of mild disposition, with bowels regular or loose.

Sulph. 6.—When there is constipation or morning diarrhœa ; sinking sensation worse in the forenoon.

BITES AND STINGS.—**Of Bees and Wasps.**—Apply powder blue at once; or, if that is not to be had, a freshly sliced onion. Give internally *Ledum* one drop every five minutes. If not quickly relieved give *Apis* 30 every five or ten minutes.

Of Other Insects.—Apply a strong solution of *Ammonia.* (*Sal volatile* and "smelling salts" are convenient forms.)

Of Snakes.—Cut the wound open at once and suck it. If any strong disinfectant or caustic is at hand apply it to the wound. The best is chloride of zinc (Sir W. Burnett's Disinfecting Fluid); or permanganate of potash (Condy's fluid). Tie a handkerchief tightly round the limb above the wound. If possible, cause the patient to perspire, either by means of vapour baths, or by wrapping in blankets, supplying hot bottles or bricks. Administer stimulants freely, ammonia and whisky being the best, with hot water, as much as the patient can be made to swallow.

Of Rabid Animals.—The wound should be treated in the same way as the bites of snakes. For after-treatment, *see* **HYDROPHOBIA.**

BLACK EYE.—Effusion of blood into the tissues surrounding the eyeball, usually the result of a blow.

Treatment.—If the skin is unbroken apply *Arnica* lotion (five drops of the strong tincture in half a teacupful of water), the eye to be bathed with this and a compress kept applied, and covered with a single fold of flannel—*not* with oil-silk. If the skin is broken, *Arnica* must not be applied locally, but *Hamamelis* instead, in the same way. Internally give *Arnica* 3 every half-hour.

BLEEDING OF THE NOSE.—This may occur in the

course of many diseases, and may benefit the patient. If not excessive, it should not be interfered with. When it occurs from no particular cause and lasts long or recurs, it should be treated.

General Treatment.—Raise the arm of the side from which the bleeding occurs perpendicularly above the head, or apply cold to the spine.

Medicines.—(These should be given every few minutes till the bleeding begins to cease, and then less often. For the tendency the same medicine may be given three times a day for a few weeks.)

Arnica. 3.—When due to injury.

Pulsatilla. 3.—In women of mild disposition, or who have scanty menstrual flow; when bleeding takes place during a cold, or when it occurs in the afternoon, evening, or before midnight.

Aconite. 3.—For plethoric individuals; bleeding from being over-heated; from drinking wine.

China 3.—In debilitated persons.

Bryonia. 3.—Especially when occurring in the early morning. Vicarious, when the menstrual flow has been suppressed from a chill.

Mercurius 3.—Bleeding in the night, blood coagulating in the nostrils. Bleeding accompanied by fever in the night.

BLINDNESS.—Loss of sight depends on many causes. It may be sudden and temporary, or it may be permanent. Of course a medical man will be consulted to decide this. If it is accompanied by great pain and hardness of the eyeball (Glaucoma) immediate treatment, by operation, possibly, is demanded. Blindness may occur apart from any real change in the eyes, and in such cases, as well as in some where there is actual change, medicines may be very efficacious. They

should be given frequently (every hour) until benefit is perceived, then less often.

Aconite 6.—Sudden temporary attacks. (*Mercurius* 6, if the attacks return frequently.)

Belladonna 3.—Night blindness; the patient can see nothing after twilight. Something red or green appears before the eyes, or a coloured circle round the candle.

Lycopodium 6.—Night-blindness, when there are black spots floating before the eyes.

Sulphur 6.—Day-blindness; when the patient can only see well in the evening.

Nux vom. 6.—Blindness due to excessive smoking.

BLOOD TO THE HEAD.—Beating of the arteries of the neck and temples; feeling of fulness in the head; giddiness. This condition, if persistent, may be dangerous. It is due to a dilatation of the blood-vessels of the head brought about by some influence on the nerves which control the vessels, and gives the sensation as if all the blood in the body were streaming up into the head and face. It may be brought on by excitement, heat of the sun, shocks, emotions, or dissipated habits.

General Treatment.—Avoid excesses of all kinds, especially excitement or alcoholic drinks and coffee. Cold foot-baths for four or five minutes at a time; free use of cold water externally and internally.

Medicines.—(To be given three or four times a day, and more frequently in an attack.)

Aconite 3.—Strong pulsations of blood-vessels, head above the eyes feels like bursting; worse when stooping and coughing; giddiness, especially when stooping or walking in the sun; disturbance of vision; fainting; in children teething; girls at puberty; or from catching cold during the period.

Glonoin 3.—Coming on suddenly, brain feeling as if expanding; beating in the head and down to the neck at every step.

Nux vom. 3.—Patient irritable or passionate; or if he has drunk much ardent spirits; after anger.

Belladonna 3.—Severe jerking, burning, shooting pains on one side of the head, or violent pressure on forehead at every step or motion, increased by noise and light.

Coffea 3.—From excess of joy, or accompanied by great excitement.

Opium 3.—After fright.

Chamomilla 6.—From vexation.

Ignatia 3. –After suppressed vexation.

Arnica 3.—After a blow or a fall on the head.

China 3.—When it arises from great debility.

Dulcamara 3.—If it returns after each time taking cold.

Rhus. 3.—After strain.

Sulphur 3.—If it returns frequently.

BLOOD-POISONING.—This is a term which includes many different conditions. All the infectious fevers are, in one sense, diseases of blood-poisoning, the poison in each case being specific—that is, peculiar to the disease it produces. Again, the condition known as "pyæmia" is a blood-poisoning disease. This is brought about by the absorption of putrid matter into the blood from unhealthy abscesses and wounds, and results in the formation of abscesses in joints and other parts of the body, and is almost invariably fatal. Differing from this, though often confounded with it under the same name, is, "septicæmia," resulting from the absorption of the products of decomposition ("septic material") into the blood and producing fever. Diph-

theria is also a blood-poisoning disease, and may arise directly from the poisonous emanations of bad drainage.

The two conditions usually referred to when "blood-poisoning" is mentioned without further qualification are pyæmia and septicæmia. These are grave conditions, and must always be treated by a medical man.

General Treatment.—The patient must be placed in the best possible hygienic conditions, with abundance of pure air and pure water. The diet must be of the lightest and most nourishing possible, and be given frequently. Stimulants will be administered as the physician directs, but their place can often be taken with advantage by homœopathic medicines.

Medicines.—(To be given frequently, every hour or two.)

Baptisia 3.—Fever of typhoid type; broad, coated tongue; loose bowels, formation of abscesses.

Arsenicum 3.—Fever of typhoid type, red tongue, thirst, anxiety.

BLOOD-SPITTING (HÆMORRHAGE FROM THE LUNGS—HÆMOPTYSIS).—It is always an alarming thing to see blood in the phlegm one spits, but it is not always dangerous. The blood may come from the nose, or the throat, or the larger bronchial tubes, in all which cases it is unaccompanied with danger; and when it comes from the lungs it is not always dangerous, and should never be allowed to cause panic though it certainly does call for careful medical investigation. A microscopic examination of the blood will determine whether tubercle bacilli are present. When the blood comes from the chest it is usually accompanied with a sensation as if coming from a considerable depth, and there is a taste of blood in the mouth before it

comes up. There is often a burning pain in the chest at the part from which the blood comes. When the blood comes up in great quantities the danger is not so great as is usually supposed. Attacks are sometimes immediately fatal, but in these cases the disease is more often due to aneurism (disease of blood-vessels) than to disease of the lungs.

General Treatment.—Avoid all possible exertion of the lungs, even talking. Let the patient be perfectly quiet, propped up with pillows to support the head and chest. The room must be kept cool and well aired. No warm drinks or stimulants must be given for several days. Light, easily digestible food must be given, and mucilaginous drinks. All kinds of excitement must be avoided, and sleeping during the day, especially before meals, is an advantage.

Whilst the bleeding lasts, cloths dipped in cold water may be applied to the lower part of the abdomen. Small pieces of ice may be given to suck.

Medicines.—(To be given in an attack every quarter of an hour until improvement sets in.)

Aconite 3.—Slightest attempt to clear the throat brings up blood; chest seems full with burning sensation; palpitation; agitation; uneasiness; worse lying down; anxious, pale countenance.

Ipecac. 3.—After *Aconite:* constant taste of blood remaining; short cough. Discharge of mucus mixed with blood, nausea and weakness.

Arsenicum 3.—Palpitation and agitation increasing after *Aconite*, disturbing sleep and driving patient out of bed; dry burning heat.

Arnica 3.—Blood clotted; black and raised easily, accompanied by asthma, shooting pains, and burning contraction of the chest. After injury.

BLOOD-VOMITING (HÆMORRHAGE FROM THE STOMACH—HÆMATEMESIS).—Bleeding from the stomach is generally due to ulceration. It is sometimes mistaken for bleeding from the lungs, but the fact of it having been brought up by *vomiting*—blood from the lungs coming up with a *cough*—and that it is pure blood and unmixed with phlegm or froth shows pretty clearly its source ; and if there is absence of any history of recent lung disease, and, on the other hand, if there has been indigestion and pain at the stomach, the diagnosis is quite clear. Of course, the doctor will be summoned at once ; but something may be done before he comes.

General Treatment.—Absolute rest. Avoidance of all solid food. Ice to suck. Iced drinks, as milk and soda-water.

Medicines.—(To be given every ten minutes.)

Ipecac. 3.—If the blood is very dark.

Hamam. 1.—If there is not speedy improvement under *Ipec.*

Arnica 3.—If *Hamamelis* fails.

BOIL.—Inflammation of the skin and tissues under the skin, forming hard, painful swelling and suppuration, ending in the expulsion of a "core," which is really a piece of dead tissue. Some people have a constitutional tendency to boils ; they often follow acute illnesses and are generally due to the presence of micro-organisms in the blood.

General Treatment.—Attention to the general health, avoidance of alcoholic drinks, abstemiousness in eating, open-air exercise. During the maturing period, if there is much pain, hot linseed poultices or hot *Calendula* compresses may be applied ; afterwards, *Calendula* lotion and compresses.

Medicines.—(Every two hours.)
Belladonna 3.—When just beginning to form.
Hepar 6.—When suppuration is too slow and scanty.
Mercurius 6.—If the suppuration is profuse and the swelling remains.
Arnica 3.—To prevent the recurrence. (Three times a day for several weeks.)
Sulph. 6.—A few doses after the boil is healed. A course of *Sulphur* should be given when they recur frequently.

BONE.—Diseases of bone are too serious to be treated domestically where good medical advice is to be had. Many limbs condemned by allopathic surgeons have been saved by Homœopathy.
Inflammation of bone, or rather of the membranes which cover the bone (*periosteum*), if not checked result in death of the bone (*necrosis*).
Ulceration of bone (*caries*) is a slower process.
General Treatment.—The strength of the patient must be maintained by strengthening diet. In caries the wound should be bathed with a lotion of tincture of *Silica* 6, one part to eight of water used as a lotion and compress.
Medicines.
Mezereum 3.—For inflammation (every hour).
Silica 6.—For ulceration (every two hours).
Phosphorus 3.—If *Silica* fails.

BOWELS, INFLAMMATION OF.—This is really inflammation of the membrane (*peritoneum*) which forms the outer coat of the bowels and lines the abdominal cavity, and it is called in medical language *peritonitis*. This is a painful and dangerous disease. The symptoms are burning and tearing pains in some part

of the abdomen, and great tenderness on pressure and on every motion. The body is sometimes tense and swollen. In the early stages there is rigidity of the abdominal wall over the part where the inflammation is. There is often vomiting and much constipation. There is fever, sometimes to a high degree, but sometimes the temperature is little above the normal. The face is sunken, anxious-looking, and grey. *See also* **APPENDICITIS.**

Diagnosis.—Inflammation of the bowels may be *acute* or *chronic*. The chief diseases which may be mistaken for *acute* inflammation are an attack of colic, the passing of gall stones, pains connected with the womb, and typhoid fever. The history of the case will help to decide. As in most inflammations, there is generally a chill or a wetting to account for the symptoms ; colic can mostly be traced to indigestible food, and there is no fever ; also the symptoms in colic are generally relieved by pressure, whereas in inflammation there is great sensitiveness to touch or pressure. The passing of gall stones is attended with excessive pain, usually confined to a small area ; the symptoms come suddenly without warning, and are attended with no previous symptoms. Pains connected with the womb generally come on about the monthly periods. It is often difficult at first to distinguish inflammation from typhoid fever, but the progress of the case will soon show. In typhoid there is less pain than in inflammation, more fever, more head symptoms.

The worst forms of peritonitis are those arising from infection of the abdominal cavity following surgical operation, or consequent on the escape of matter from an abscess, or infection by tubercle. In many of these cases opening the abdomen and washing out the

cavity gives the patient the best chance of recovery. *Chronic* inflammation of the bowls is usually a consequence of an acute attack, and with this history is not likely to be confounded with any other disease.

General Treatment.—The patient must be kept perfectly quiet ; no emetics or purgatives must on any account be given. The constipation will right itself when the inflammation is gone. All solid food must be interdicted. Milk, beaf-tea, gruel, and farinaceous foods only must be given. Locally, light linseed poultices should be applied, and if the body is distended with gas a few drops of turpentine should be sprinkled on them.

Medicines.—(Every half-hour or every hour until there is a decided relief.)

Aconit. 3.—Restlessness, anxiety, pain, fear of death.

Bryon. 3.—If the pains persist or increase in spite of *Acon.*, and are worse by every movement; much fever.

Merc. cor. 3.—Griping, cutting pains, swelling, much tenderness.

Arsen. 3.—Thirst, restlessness, terrible anxiety, burning pains, diarrhœa, bloody stools without relief to pain ; pain in region of right groin.

BOWELS, PAIN IN.—Sometimes the bowels are the seat of pain when there is no inflammation present. The pain may be due to various causes, as cold, indiscretions in diet, or accumulation of wind.

General Treatment.—The patient must be kept perfectly quiet, and the lightest food given, as thin gruel or barley-water, until the pain is gone, and hot, dry flannels applied to the abdomen.

Medicines.—(Every hour.)

Acon. 3.—When the pain has been caused by a chill.

Cham. 6.—Violent tearing, twisting pains, the patient

cannot be quiet. It seems as if there was a large ball in the side.

Puls. 3.—From disordered stomach after eating pork or rich pastry ; worse afternoon, evening, or night ; wind rolls about.

Nux vom. 3.—From undigested food, with constipation. *See also* **COLIC**.

BRAIN, CONCUSSION OF.—The term "concussion of the brain" means simply "a shock to the brain," but when the shock is over there is often a certain amount of bruising or rupture of blood-vessels. Concussion may be caused by a blow or a fall on the head, or on any other part of the body, when the shock is transmitted. Falls in the sitting position often causes concussion of the brain, the shock being transmitted through the spinal column. The symptoms vary according to the intensity of the shock. When not very severe there is giddiness, stupefaction, temporary loss of memory, singing in the ears. When severe, insensibility, stupor, feeble and irregular pulse, vomiting, cold extremities. In such cases it is sometimes impossible to distinguish between simple concussion and fracture of the skull.

Diagnosis.—The history of the fall or blow will serve to distinguish between concussion and some states of insensibility, such as apoplexy, for which it might be mistaken.

General Treatment.—Keep the patient very quiet, and let him lie on the side least injured. He will usually find the best position for his head himself. If the injury is internal, without any scalp wound, keep his head in an elevated position, and place a small round pillow at the nape of his neck. The diet must be unstimulating, plenty of cold water being ad-

ministered. Cloths dipped in cold water, to which a few drops of the strong tincture of *Arnica* have been added, should be applied to the head, *Hypericum* being substituted for *Arnica* if the skin is broken.

Medicines.—(*Arnica* is *the* medicine in concussion. *Arn.* 3. should be given every fifteen minutes until signs of reaction set in, and then less often.)

Belladonna 3.—If the face flushes, and signs of inflammation set in.

BRAIN FAG.—Fatigue of the brain is a common complaint in these days of competition, worry, and excitement. But it is less often the actual fatigue of the brain that is at fault, than the measures that are taken to prevent it. The brain will stand a great deal of fatigue and worry without resenting it in any other way than by refusing to do more than a certain amount of work, and compelling the patient to take the natural remedy—sleep. But if the patient endeavours to calm his brain by smoking, or to drown his worries in alcohol, or to get more work out of his brain by taking tea or coffee to keep himself awake, then, of course, he must pay the price. He soon finds, if he will not sleep when he can, that he can no longer sleep when he would. He next appeals to opiates, or other hypnotics, and very soon he can get no sleep without them. A nervous, irritable state is the result, and inability to get any work out of the brain at all. A forced rest of three months is the means now generally prescribed by the physician.

General Treatment.—The patient must be warned against the danger of relying on artificial substitutes for rest and sleep, and, if he lacks the necessary amount of self-control, the best thing he can do is to go to some hydropathic institution, where the regimen is

strict and the society and surroundings cheerful, and stay there until he has got himself into better habits. He must remember that the treatment is not to be abandoned on his leaving the institution, but that he must carry out the same rules of living, as far as possible, on returning to active life. In very bad cases it may be necessary to send the patient to travel abroad. When there are in addition to nervous symptoms great wasting and inability to take food, the "Weir Mitchell" treatment of combined massage and feeding is the best.

Medicines.—(To be given every two or three hours.)

Phos. 3.—Nervous prostration.

Nux vom. 3.—Where reliance has been placed on tobacco or alcohol.

Ignat. 3.—Nervousness or sleeplessness.

Aconit. 3.—Feverish restlessness, sleepless tossing about at night.

BRAIN FEVER.—This is a popular name for many different affections. Properly speaking, it should be confined to acute mental derangement. There is delirium, tremor, wasting, refusal of food, attempt to injure himself or others, sometimes stripping naked. With all this excitement there is absence of any increase of temperature. This distinguishes it from ordinary fever with delirium. Of course this cannot be dealt with in a work on domestic medicine. Scarlet fever with violent brain symptoms is sometimes called "brain fever," but more correctly it is given to typhus fever, in which the brain symptoms are always severe. The term is also applied to inflammation of the brain or its covering membranes (*meninges* as these are called, and *meningitis* as the disease is called).

Meningitis is more common in children than in

adults. The children of consumptive parents are especially liable to it. It is a very fatal disease, and when recovery does take place, it is long before the patient can exert his brain again.

General Treatment.—Most vigilant nursing, and feeding with small quantities of the most nourishing food. It will sometimes be necessary to shave the head.

Medicines.—(Every hour until relieved.)

Bell. 3.—Flushed face, wild delirium, bright eyes.

Bryon. 3.—Fever more of typhoid type, low delirium, head drawn back.

BREASTS.—Ignorant nurses often cause irreparable damage to the breasts of female children by what they call "breaking the nipple strings," which is, really, destroying the natural ducts which are destined to carry the milk from the breast gland to the nipple. This is a fruitful source of breast abscesses in later life. The pressure of stays also produces ill effects.

If proper attention is paid to the breast for some time before confinement much subsequent trouble may be prevented. The development of the breast during pregnancy is frequently accompanied by much pain and soreness. The nipples are apt to become excoriated, cracked, and scaly.

Care of the Breasts.—For several weeks before delivery the entire breast and chest should be bathed with cold water, and afterwards well dried and rubbed with warm towels. If there is tenderness or excoriation bathe twice a day with spirit (brandy or whisky) and water.

Medicines.—(Every two hours.)

Aconite 3.—Inflammation of nipples, aching or sharp pains shooting into the breast.

Mercurius 6.—Swelling and burning of nipples.
Hepar 6.—Cracks of the nipples.
Bryon. 3.—Hardness of the breasts.
Sulph. 6.—Itching and eruptions.

BREASTS AFTER DELIVERY.—The child should be put to the breast soon after delivery, even if there is no milk. The secretion will be hastened by it, and the liability to breast troubles will be diminished. *See also* **INFANTS**, **WEANING**, and **MILK**.

BREAST-ABSCESS.—The breasts are liable to become inflamed and "gather" during the whole period of nursing. Injury, cold, sudden weaning may set up inflammation. The best preventive is to keep the breast well drawn, either by natural means, or artificially by means of nipple-glasses.

General Treatment.—When suppuration does occur the breast must be supported with light bandages and protected from all irritation. Light linseed poultices should be applied at intervals to relieve pain. When they fail to do this they should not be continued. The breast should be drawn with nipple-glasses if any milk can be induced to flow.

Medicines.—(Every hour until relief is obtained.)
Bryonia 3.—At the commencement, breasts swollen, hard, and feel heavy, shooting pains, dry skin, thirst, fever.
Bellad. 3.—Where the skin is red like erysipelas, swelling, hardness, shooting and tearing pains.
Mercur. 6.—Hardness remains after inflammatory symptoms have subsided. (Every three hours.)
Hepar 6.—When suppuration has already commenced, indicated by throbbing and chills.
Silic. 6.—Fetid watery discharge.

BREAST, PAIN IN.—The breasts are often the seat of pain, unconnected with inflammation or pregnancy. This is of a neuralgic character,

Medicines.—(Every three hours.)

Act. r. 3.—In young girls.

Puls. 3.—Associated with scanty menses.

—**Sore Nipples.**—During the nursing period, especially if no care has been taken with the breasts before confinement, the nipples are apt to become sore, and then they are difficult to treat on account of the repeated irritation by the child's sucking.

General Treatment.—When there is a tendency to soreness, bathe with a solution of *Arnica* (ten drops to half-tumbler of water), washing with cold water after each time the child has taken the breast.

Medicines.—(Every three hours.)

Arnica 3.—When they threaten to become sore.

Sulph. 6.—Nipples sore and chapped; deep fissures toward the base, which bleed and burn like fire.

Nux vom. 3.—Nipples sore, with painful excoriation of parts around nipple.

BREATH, OFFENSIVE.—Offensiveness of breath may arise from many causes, as disordered stomach and decayed or improperly cleaned teeth, ulcers of the mouth, unhealthy gums, sore throat, secretion of the tonsils, discharge from the nose. It may also be a symptom in itself apart from any of the above affections.

General Treatment.—This will depend on the cause. When due to decayed teeth, unhealthy gums, and the like, these must be seen to. (*See under* **TEETH, DYSPEPSIA, MOUTH, THROAT, OZÆNA.**) Wash the mouth out carefully after every meal, and cleanse the teeth. The use of a little Condy's Fluid in the water will be beneficial temporarily (one or two drops

in a tumbler of water). The smell of garlic or onions is best counteracted by eating parsley.

Medicines.—(Four times a day.)

Arn. 3.—In general.

Nux v. 3.—If only perceived in the morning.

Puls. 3.—Morning and night.

Cham. 6.—After dinner only.

Cepa. 3.—Like onions.

Carb. veg. 6.—Putrid.

BREATH, SHORT. *See under* **ASTHMA** *and* **CROUP.**

BRONCHITIS.—The mucous membrane which lines the air passages, from the Adam's apple (*larynx*) and windpipe (*trachea*) to the finest bronchial tubes, is liable to be inflamed in any part. When a cold descends from the head down the windpipe to the bronchial tubes, then it becomes bronchitis, and this is the usual way in which bronchitis is set up. It may be set up, however, directly, without there being at first a cold in the head. One attack predisposes to others, and a chronic condition of congestion of the mucous membrane may be set up. This is *chronic* bronchitis.

The symptoms of *acute* bronchitis are tightness across the chest, frequent short cough, at first dry, then resulting in expectoration of scanty, frothy, or viscid mucus, at first clear, then yellow and frothy, becoming thick and white. The phlegm may be streaked with blood. Sometimes bronchitis is accompanied with much fever; sometimes there is little. According to the extent of it, and the bronchial tubes affected, the difficulty of breathing will vary. If the smaller tubes are attacked, the shortness of breath will be intense. This is the form most to be dreaded in children. It is a frequent complication of measles

and whooping cough. As the disease improves, the breathing becomes easier and the phlegm thicker.

Diagnosis.—Bronchitis must be distinguished from inflammation of the lungs (pneumonia), from pleurisy, and from asthma. Bronchitis, pneumonia, and pleurisy are all characterised by cough following a chill. In bronchitis there is usually more distress of the breathing, and less pain and fever than in the other two. In the early stages of bronchitis on putting the ear to the chest there is wheezing heard almost all over, and afterwards a loose rattling sound; in pneumonia there is over the inflamed part a dry tubular sawing sound—as if some one were blowing across the end of a pipe, with very fine crackling (*crepitation*), like the sound made by rubbing a few hairs between thumb and finger close to the ear; in pleurisy there is a creaking, rubbing sound. On tapping the chest there is no loss of resonance in bronchitis; in the other two there is dulness. In bronchitis there is at first no expectoration, then yellowish mucus is brought up, and finally thick whitish mucus. In pleurisy there is no expectoration; in pneumonia there is at first rusty and afterwards clear transparent expectoration. Asthma is distinguished from bronchitis by the suddenness and transient nature of the attacks.

Many coughs are due to irritation affecting the windpipe, and not extending so far as the bronchial tubes. These are often called bronchitic, but on listening to the chest there are no abnormal sounds, and the irritation is usually referred to the throat-pit.

Chronic bronchitis is not to be easily mistaken for anything else, and the persistent loose cough with copious yellowish expectoration, and the history of repeated acute attacks, make it clear enough.

General Treatment.—Care must be taken to protect the patient from chills and draughts; at the same time, the apartment must be well supplied with fresh air. Light, easily digestible nourishment must be given frequently. If the breathing is laboured, the air of the room may be softened by keeping a kettle on the fire. Kettles are made on purpose, with long spouts, which may be made to come close up to the patient's bed if necessary. Poultices are not, as a rule, of much value in bronchitis, but an occasional linseed poultice is often useful. In chronic bronchitis, which usually recurs in those subject to it every winter, wearing woollen clothing and avoiding exposure to chills are necessary precautions. Elderly people who are subject to severe attacks of bronchitis would do well to keep indoors altogether in the winter; or else to spend the winter abroad in some warm climate.

Medicines.—(Every hour, or less, according to urgency of symptoms.)

Aconite 3.—Skin hot and dry; pulse hard, frequent; quick breathing; short, dry, frequent cough, excited by tickling in throat or chest; thirst; restless tossing about.

Antim. tart. 6.—Much rattling of phlegm; patient inclined to slumber with eyes half open; cries from being touched, but will be carried about. Face bluish, pale, and puffy.

Bell. 3.—Severe headache aggravated by coughing; oppression of chest and constriction as if bound, with rattling in the chest; dry fatiguing cough, worse at night; child cries when coughing.

Bry. 3.—Cough dry or with viscid mucus, sometimes tinged with blood; mouth dry; stitches in chest hinder breathing.

Phos. 3.—Respiration continuing oppressive ; dry cough, excited by tickling in throat or chest, aggravated by talking or laughing, or going into open air.
Merc. 8.—When accompanied by excessive perspiration, which does not relieve. Tongue coated thick yellow. Patient cannot endure either hot or cold air.
Ipec. 3.—Mucus rattling in chest, almost suffocating patient on coughing ; coughing in fits ; shortness of breath, perspiration on forehead. *See also under* **COUGH.**

BRUISES.—Injuries from external violence, causing rupture of small blood-vessels and escape of blood into the tissues, and giving rise to discoloration.

General Treatment.—There is nothing better for bruises than the internal and external use of *Arnica*. A lotion should be made of the strong tincture of *Arnica*, in the proportion of ten drops to the half-tumbler of water. Linen cloths should be dipped in this, and one or two folds of it laid on the bruise, and over this a piece of flannel should be laid. *Oil silk* should *not* be used, as this tends sometimes to set up Arnica erysipelas. Should the bone have been bruised, *Ruta* must be substituted for *Arnica*.

Medicines.—(Every two hours.)
Arnica 3.—In almost all cases.
Ruta 3.—Where the bones are injured.
Hepar 6.—Where abscess follows.

BUNION.—Enlargement and inflammation of the synovial sac over the root of the great toe, and, more rarely, the outer side of the little toe. This is generally due to pressure ; or it may be due to rheumatism, and then it is not a true bunion. The joint is red, and generally tender, the tissues over the joint being greatly thickened and hard.

General Treatment.—When painful and inflamed, a compress, moistened with a liniment composed of equal parts of *Verat. v.* θ, spirits of wine, and distilled water, to be kept applied. Boots must be made to keep off all pressure from the part.

Medicines.—(Four times a day.)

Silic. 6.—For true bunion.

Rhus 3.—For rheumatic bunion.

BURNS AND SCALDS.—Scalds are generally less severe and less dangerous than burns, since scalding water cannot be above a certain temperature, which is below that of burning solids. But the danger of a burn or scald depends more on the locality and extent than on the intensity of the burn. A burn or scald may be immediately fatal, causing death by shock, or it may cause intense inflammation, especially inflammation of the kidneys, and bronchitis.

General Treatment.—The thing to avoid in all cases of burn is the application of cold water. The less the patient is interfered with the better. Unbroken blisters should be left unbroken. Carron oil (equal parts of lime-water and linseed oil) is the best application; lint saturated with it should be laid gently on, and kept applied by light bandages. If this is not procurable at once, spread on the wound ordinary cooking soda and cover with a wet cloth; or make a thick salve with white castile soap, scraped fine, and dissolved in luke-warm water, and spread on lint. For scalds of the mouth from taking hot liquids, or the bursting of a roasted chestnut, dissolve ten drops of *Cantharis* 3x in half a tumbler of water, and hold a little in the mouth every few minutes. If diarrhœa results it should not be interfered with.

Medicines.—(Every hour.)

Cantharis 3.—In almost all cases, especially where there is inflammation of the kidneys.
Antim. tart. 6.—When bronchitis sets in.
Aconite 3.—Where there is much fever.

CATARRH. *See* **COLD.**

CANCER.—Cancer is a new growth, or tumour, due to one or more specific organisms, the essential property of the growth being to increase indefinitely, to recur after removal, and to infect other parts of the body remote from the locality in which it is found. This is what is called "malignant"—a "benign" tumour being one which is purely local, does not return after excision, and does not infect other parts. Cancers, or malignant tumours, are of many different kinds, and have different appearances and characteristics according to the different tissues from which they take their rise; and there is no tissue of the body from which they may not arise.

The Treatment of cancer is only to be undertaken by a medical man. The amount of suffering caused by cancers is very variable; some cause hardly any, and others give rise to intense sufferings. Operation never cures cancer, in the true sense of the word "cure," and very frequently it makes it worse. In a large proportion of cases the growth returns in an aggravated form and is then much more difficult to deal with by medicines. It may be laid down as a fundamental rule that the less the new growth is interfered with the better for the patient.

Cures of cancer have been effected by medicines, and this possibility must never be lost sight of. *Arsenic*, *Hydrastis*, *Conium*, *Lachesis*, *Cundurango*, *Silica*, *Sulphur*, and (in cancer of the tongue) the *Cyanide of Potassium*

(*Kali cyanicum*), the cancer nosodes and many other remedies have all been accredited with cures. But the choice of the remedy will be decided by the symptoms of each patient.

Medicines.—(Two or three doses daily, or oftener, according to the urgency of symptoms.)

Arsen. 3.—Epithelial cancer. Burning pains; pains worse at night, and especially at 3 a.m.; aggravated by cold, relief from warmth; anxiety, restlessness, thirst.

Cundurango 1.—Cancer of breast. Cracks in the corners of the mouth.

Conium 30.—Cancer of breast. Scrofulous subjects; women who have scanty menses; cases in which there is history of a blow.

Kali cyanicum 3.—Cancer of tongue.

Lachesis 6.—Dirty ulceration, black clots at the bottom of the ulcer like charred straw, blue look of the parts; patient is intolerant of anything tight about her.

Silica 6.—In subjects who are sensitive to least draught of air.

Sulphur 6.—Where the well-known indications for *Sulph.* are present—sinking sensation in the forenoon, cold feet, hot head, hot fainty spells, symptoms worse in bed at night. *Sulph.* is valuable as an intercurrent remedy.

CARBUNCLE.—A circumscribed inflammation of the tissue under the skin, leading to death of part of the tissue and of the skin over it. The disease is a constitutional one, and generally comes from a depressed state of health. It is usually situated on the back of the neck or trunk, but sometimes on other part and even on the face. There is a large hard swelling, extremely painful, and this is often accompanied by a low fever of the typhoid type.

Diagnosis.—A carbuncle is an exaggerated boil, from which it is distinguished chiefly by its large size and the gravity of the accompanying symptoms.

General Treatment.—The strength of the patient must be kept up, and if the constitutional symptoms are not severe, he need not be confined to the room or even to the house. Linseed poultices should be applied until suppuration has taken place, and the *Calendula* lotion (thirty drops to the ounce) kept applied and frequently changed. When healing is commencing, *Boracic acid* ointment (powdered *Boracic acid*, one drachm to the ounce of vaseline) should be used instead.

Medicines.—(Every hour at first.)

Arnica 3.—At the beginning.

Nux v. 3.—When occurring in drunkards.

Arsen. 3.—Burning pain, worse at night, restlessness, irritability, weakness, thirst; typhoid state.

Carb. veg. 6.—Dark appearance of carbuncle; general low state.

Silica 6.—After it has begun to discharge.

CATARACT.—A disease of the anterior lens of the eye or its capsule, resulting in opacity and blindness. It is easily recognised by the greyish-white appearance of the pupil. When the disease has advanced to a certain stage, the only remedy is removal of the lens. In the earlier stages it is amenable to the action of medicines, among which *Silica*, *Sulphur*, *Calcarea* are the most useful.

CHANGE OF LIFE.—When the period of child-bearing comes to an end, the organism of women undergoes certain changes, principally manifested in the circulatory and nervous systems. The blood supply has to

be adjusted to altered conditions, the heart and blood-vessels are affected, and the result is felt by the patient in flushes of heat, followed at times by perspiration and chills. Along with these symptoms are heightened susceptibility of the nervous system to ordinary influences, and also the emotional balance is very unstable for the time. This condition lasts indefinitely. Some women are scarcely conscious of any difference, and others suffer for years. Dr. Burnett, who has written on this topic, regards the monthly courses as in a measure depurative; when they cease, this outlet being closed, any latent tendency that may have existed previously is likely to be brought to the surface. Thus "Change" is not a disease in itself, but is the occasion for constitutional diseases manifesting themselves. Men are not always exempt from climacteric sufferings, though in them they are the exception rather than the rule. Palpitation, giddiness, and rush of blood to the head are the chief symptoms they experience. These symptoms are apt to occur about the age of 60, which is a critical period in the life of men.

General Treatment.—Avoidance of excitement of all kinds; light unstimulating diet; no alcoholic drinks. The way in which this period is got through depends very much on the patient. She must make up her mind to endure a certain amount of inconvenience and unwonted nervous sensations, and must beware of flying to stimulants or narcotics for relief. These only make the condition worse, and often destroy the patient. The treatment is thus to some extent moral. At the same time much relief may be obtained from medicines. Moreover, it is very important that constitutional treatment should be followed during this

time where there are any morbid tendencies present in the family history of a patient.

Medicines.—(Every two or three hours.)

Ignat. 3.—Nervousness, numbness in various parts, sinking sensation, flushings, constipation, sensation as of a ball in the throat.

Act. rac. 3.—Restlessness, sleeplessness, "sinking" sensation, unhappy state of mind.

Lach. 3.—Flushings excessive; symptoms worse on waking from sleep; external pressure intolerable; melancholic; irritable.

Sulph. 6.—Sinking sensation at 11 a.m.; flushings, hot fainty spells, hot head and cold feet.

CHAPPED HANDS.—The best treatment for chapped hands is to rub them well every night with glycerine or glycerine jelly. More pleasant, but not always so effective, is "Lanoline Cold Cream." Another very excellent preparation is *Calendula* cerate; rub in well before retiring at night. A very pleasant and effective skin application is Epp's Emollient Skin Lotion.

Medicines.

Petrol. 3.—Night and morning, if the chaps are very intractable.

CHEST, AFFECTIONS OF. *See* **BRONCHITIS; LUNGS, INFLAMMATION OF.**

CHICKEN-POX.—Chicken-pox is an infectious disease resembling small-pox, but apparently not allied to it. The symptoms appear about thirteen days after exposure to infection, and begin with mild fever, followed in a day by the appearance of vesicles or blisters. They are distinguished from small-pox vesicles by not having a hard circle of inflammation round them, or a depression in the centre of them. In the course of a day or two the vesicles become pustules, on

the fourth day dry up, and by the sixth day complete scabs are formed. When these fall off they may leave a few pits. Sometimes several crops of vesicles appear in succession, and then the disease lasts longer.

General Treatment.—This disease is usually of such a mild character that very little in the way of treatment is needed. If there is considerable fever the patient should be kept in bed and on fever diet until it subsides.

Medicines.—(Every two hours.)

Antim. tart. 6.—In the early stage.

Mercurius 6.—When matter appears in the vesicles.

CHILBLAINS AND FROSTBITE.—When frostbite is intense it causes death of the part, leaving an ulcerating surface, which must be treated as other ulcers. When it is less intense it causes a low kind of inflammation, of which chilblain is a familiar form.

General Treatment.—When a part becomes frozen, as the tip of the nose or ears, great care must be taken not to let the person go near a fire. The frozen part should be rubbed with snow until it thaws and becomes quite soft.

Chilblains may be treated by rubbing with snow or bathing in cold water. Among other applications that are useful is painting with strong tincture of *Veratrum viride*, or *Tamus communis* or *Rhus tox.*, or with coal oil (petroleum) in which camphor has been dissolved. For broken chilblains a lotion of *Verat. v.* θ (one part to two of water) should be applied as a compress. When ulcerated, *Calendula* ointment.

Medicines.—(Every hour or two.)

Agar. 3.—Simple chilblains.

Puls. 3.—In blonde girls, with scanty or delayed menstruation.

Rhus t. 3.—Dusky red chilblains, with much burning.
Arsen. 3.—Acute burning pains; irritable, ill-conditioned ulcers.

CHILD-BIRTH.—Normally, the duration of pregnancy is nine months. The best mode of reckoning is to count two hundred and eighty days, or forty weeks, from the last day of the last menstrual period. (*See* **Obstetric Table** *under* **PREGNANCY.**) The duration of labour is very varied. Frequently the pains begin some days before labour is accomplished. From four to six hours is the average duration of the severe pains, but some women have hardly any pain at all. Towards the latter end of the time the child sinks lower in the abdomen than it was before, and the woman becomes smaller around the waist than she has been for some weeks before. Labour is often preceded by nervous symptoms, trembling, disposition to tears, low spirits. Looseness of the bowels should not be interfered with. The actual onset of labour is announced by a slight reddish discharge, called a "show."

General Treatment.—The care of a woman in child-birth must only be undertaken by a doctor or a midwife, but there are points in the general management of the patient, both before and after confinement, that ought to be attended to. Under **BREASTS** I have described the attention that ought to be paid to them during the later months of pregnancy. The best ordinary preparation is attention to the general health, taking plenty of plain, unstimulating food and open-air exercise. Sometimes at the beginning of labour, and occasionally two or three days, or even weeks, before the actual onset of it, women suffer from "false pains." These may be relieved by medicines.

Medicines.—(Every hour or two.)

Act. rac. 3.—This may be given three times a day almost as routine practice for the last six weeks of pregnancy. It has great effect in assisting the organism to prepare for the effort, and in promoting normal delivery.

Nux vom. 3.—Pains in abdomen and back; constipation; in passionate persons.

Puls. 3.—Pains in abdomen and loins, as if from continued stooping; stiffness; aching and dragging in thighs; diarrhœa or constipation from eating fat or indigestible food. In mild-tempered persons.

Bell. 3.—Spasmodic pains.

During Labour.—Drugs and stimulants of all kinds should be avoided.

Flooding.—This is one of the most dangerous incidents of child-birth, and it is well that every nurse should know how to deal with it, as a doctor cannot be always obtained immediately. A certain amount of bleeding is natural, and need give no alarm. Also the waters mixed with blood give an appearance of excessive bleeding when there is actually not much. It is when the blood comes away in gushes, after the child is born, that the condition is dangerous.

Treatment.—Keep the patient perfectly quiet. Give no warm drinks. Let the patient smell a little vinegar. Place the hand on the body low down and press so as to get the womb to contract and expel the after-birth. If this fails, introduce the hand into the womb and take firm hold of the after-birth (not the cord, but the whole after-birth), and draw it out, keeping pressure with the left hand on the body all the time. If the bleeding does not then cease, inject water as hot as the hand can be borne in.

Medicines.—(Every five minutes until bleeding is arrested.)

China 3.—When there is giddiness, faintness, or loss of consciousness.

Ipec. 3.—When there is nausea or vomiting.

After Delivery.—The patient must be kept perfectly quiet for an hour. If, after the lapse of this time there is no bad symptom, especially no bleeding, she may have her things changed and her bed made. A bandage (or "binder") should always be applied immediately after delivery, and this can be done without disturbing the patient.

After Pains are troublesome contractions that come after delivery in women who have borne children before. They seldom occur in first labours. They may be checked by medicines.

Medicines.—(Every hour until relief.)

Arnica 3.—Not very violent ; accompanied by a feeling of soreness.

Cham. 6.—In nervous, excitable patients, with restlessness.

Puls. 3.—In persons of mild and gentle disposition.

Bell. 3.—Much bearing down ; fulness of the head ; tenderness and fulness of abdomen.

Duration of Confinement.—This will depend on the individual patient. The usual period is nine days, and that should be the least allowed. The patient may get up for a time on the tenth day if all has gone well. But if there has been any drawbacks she must be kept in bed longer.

The Diet should be at first very light, consisting chiefly of gruel, milk, and farinaceous food, beef-tea, and eggs. After a few days a mutton chop may be given and gradually ordinary diet may be returned to.

Diarrhœa sometimes occurs during the period of confinement. This is a bad symptom, and must be attended to at once.

Puls. 3.—(Every hour until relief.) When there is much ineffectual straining; chilliness; mucous discharge; in night and early morning. *See also* **DIARRHŒA.**

Constipation is a normal state for the first few days and need not be interfered with. After five or six days *medicines* may be given (every three or four hours until relief). Sometimes an enema is necessary. A pint and a half of warm barley-water makes a very good one.

Bry. 3.—When there is fulness in the head and pains in the bowels.

Nux vom. 3.—After *Bry.* *See* **CONSTIPATION.**

For care of breasts and nipples, *see* **BREASTS.**

For the management of the child, *see* **INFANTS.**

For weaning and milk affection, *see* **MILK** *and* **MILK-FEVER.** *See also* **WHITE LEG.**

CHILDREN, DISEASES OF.—Children differ from adults in this respect, that their tissues are in a more active state of change; consequently, the diseases which are more peculiarly incident to childhood are diseases concerned with nutrition and growth. Also, they are more liable to those epidemic diseases which generally attack a person only once in a lifetime, adults being, as a rule, protected by having passed through an attack already. Then, the smallness of their organs, especially the bronchial tubes and air passages, makes inflammation of these a much more serious thing than it is in adults. In other respects the diseases are much the same whether met with in children or adults. Articles dealing with the diseases of children will be

found, in their proper order, under headings **BRONCHITIS, CROUP, COUGH, WHOOPING-COUGH, MEASLES, SCARLATINA, CHICKEN-POX, DIARRHŒA, CHOLERA INFANTUM, RICKETS, TEETHING.** For the management of the new-born, *see* **INFANTS.**

Feeding and Management of Children.—If the mother is strong and healthy the best food for the child is her milk, and for the first eight months it need take nothing else. But unfortunately it is somewhat rare to meet with mothers who are both strong and healthy, and consequently provision must be made for feeding infants in other ways. The best food after human milk is cow's milk. There is no necessity to have it always from the same cow, though some people make a great point of this. During the first month the milk should be diluted with one-third of warm water, and, of course, heated to blood-heat, but *not* boiled. The greatest care must be taken with the feeding-bottle when bottles are used. It is best to have a large number, and let each bottle after using be put into water in which a little bicarbonate of soda has been dissolved. The tubes and nipples must be especially frequently cleaned with the soda solution. Milk should be the staple article of diet for the first eight months. When teeth begin to appear, the child may have crusts to chew, and may also have bread-and-milk. The progress of the teeth will be the index of the time when solid food may be given. But before this time the milk may be thickened for children in various ways. A very good one is to put a tablespoonful of Robinson's Embden groats, or some other preparation of oats, into a pint of milk and let it simmer for two hours, and then carefully strain; this

thickens the milk a little. It is excellent for all infants who can and will take it, but especially for ill-nourished and rickety children. Next to fresh cow's milk is Swiss condensed milk. This agrees with some children better than fresh milk, and sometimes it is well for a change. There are many preparations of artificial food for infants, and among the best are the Aylesbury Dairy's Artificial Human Milk, Neave's, Ridge's, Mellin's, Theinhardt's "Infantina," Allenbury's and Savory & Moore's. In the case of some children it is necessary to give "modified milk," that is, milk in which the different constituents of the milk have been arranged to suit the individual child. Such milk is prepared and supplied by the Walker-Gordon Laboratories, 54, Weymouth Street, W., according to the physician's directions.

Washing.—The greatest care must be taken with the washing and bathing of children. When healthy, every infant should have a tepid bath once a day, in the morning. After a child is two months old, if the weather is warm, a cold bath in the morning may be generally substituted for the tepid, but a cold bath should never be given at night. The greatest care should be taken with the drying of the skin.

It is not well to soap the body all over too frequently. Only the exposed parts need this. When children are delicate it is well to rub them all over with olive oil at bedtime instead of bathing them. In the morning they may be sponged all over or dipped in a bath. Children who suffer from cold feet, and defective circulation generally, should not have a complete bath oftener than once a week.

Clothing.—The clothing of infants should be loose, light, and warm, and adapted to the weather. No

pins should be used except safety-pins. Dr. Roth has devised a dress for children which can be fastened on at once, the child being simply laid upon it, and the dress fastening behind. This obviates the necessity of rolling the child round and round, as is now done in yards of swaddling-clothes.

Open-air.—When the weather is fine a child should be taken out twice a day after it is a month old; in summer it may be out all day long if circumstances allow.

Sleep.—The best method of securing sleep in infants is to feed and clothe them properly, and see that they have plenty of out-door exercise. If they do not sleep perfectly it may be taken for granted that there is some cause, which ought to be found out and removed. On no account should children have sleeping-doses given to them.

CHOLERA ASIATICA (EPIDEMIC CHOLERA).—Asiatic cholera is an infectious disease due to a specific poison, which has been identified in the well-known coma-shaped bacillus of Koch, but the conditions of its development and mode of propagation are still imperfectly understood, and the outbreak of an epidemic is dependent on the co-operation of many other factors which it is impossible to accurately estimate.

The disease commences with violent chills, and the poisoning may be so intense as to destroy life within one or two hours. The patient shakes with the chills and becomes visibly shrunken, the blood collects in the internal parts, and generally there is diarrhœa and vomiting, the patient becomes cold, and a complete and fatal collapse very frequently occurs in this stage. In favourable cases there is cessation of the violent purging and vomiting, some warmth returns to the

skin, the patient gradually recovers, and asks for drink and food.

General Treatment. — (1) **Prevention.** — When cholera is prevalent, or when the approach of it is feared, wear next the skin a plate of copper (6 in. by 4, for a man of large size ; 5 in. by 3 for a small man, and for a woman ; 4 in. by 2 for children). Let it be fastened round the waist by straps attached to longitudinal slits cut in the ends of the plate, which should be oval. Let the plate rest on the front of the abdominal wall, and let it be made slightly concave, so as to adapt itself to the shape of the body. The plate should be worn day and night. It may be cleansed from time to time by rubbing with vinegar.

In addition to this, if the person to be protected is much exposed to the disease, one drop of *Cuprum aceticum* 3x should be given in a little water night and morning.

(2) **Preliminary Symptoms.**—In cholera times, when diarrhœa occurs, give Rubini's *Tincture of Camphor*, five drops on a lump of sugar, every fifteen minutes to every hour, according to the urgency of the symptoms, until the diarrhœa is completely removed.

Should an attack come on without premonitory diarrhœa, sudden coldness and lividity seizing the patient, give Rubini's *Camphor*, five drops every ten minutes. This may be given if there is diarrhœa at the same time, provided it is not excessive.

(3) **Care of the Patient.**—The patient should now be kept at rest, and as warm as possible, hot flannels being applied to the abdomen, and hot bottles to the feet. No solid food whatever should be given ; water may be taken *ad libitum ;* and small pieces of ice may be given to suck. Milk is the best food, if it is

tolerated. Movement is to be avoided. It is better to treat patients at their own homes if at all possible, as the very fact of moving a patient into a hospital may make the difference between death and recovery.[1]

Medicines.—(Every fiteen minutes until reaction sets in, then less often, waiting until the effect of each dose is exhausted.)

Camphor (*Rubini's*).—The use of this has been explained above.

Veratrum alb. 3.—Should reaction not come on with *Camphor;* vomiting, purging, cold sweat on forehead.

Cuprum 6.—Cramps, with vomiting and purging.

Arsen. alb. 3.—Collapse deepening, great general depression, endangering life.

Hydrocyanic acid 3x.—Collapse most profound, respiration slow, gasping, patient appearing dead in the intervals between the breaths.

CHOLERA INFANTUM.—In summer time children are liable to sudden attacks of vomiting and diarrhœa, which cause rapid prostration, and, if not speedily checked, death. The vomited matters consist at first of food, then of mucus, and there may be empty retching. The motions are mostly thin and watery, and green or yellow; at times they are slimy and mixed with blood; at times they consist of undigested food. The child wastes rapidly; there is usually great thirst; the body is hot, and hands and feet cold. The chief causes are improper feeding and changes of temperature.

General Treatment.—To guard against it, pay great attention to the clothing and diet of the child, and of

[1] From the Author's *Prescriber.*

the nursing mother of the child if at the breast. All stimulating food and drinks should be avoided. The child should be fed at regular intervals. It should be clothed well, but not too warmly. Very light woollen clothing is the best for summer. The room it is kept in should be well aired.

During an attack the child should be allowed to drink cold water, or thin barley-water, or toast-water. The whites of eggs, beaten up into a froth, and given in a teaspoon, is an excellent diet in diarrhœa. If the child is at the breast, it must not be allowed to take more than a very little at a time. The craving for drink is natural, and should not be resisted, and when it is retained there is nothing better than water ; it must be given in teaspoonfuls.

Medicines.—(Every fifteen minutes until reaction sets in, then gradually increasing the intervals.)

Acon. 3.—Watery diarrhœa, crying, complaining, biting fists, restless.

Arsen. 3.—Weakness, pallor, emaciation, great thirst ; white or brownish offensive diarrhœa, worse after midnight or towards morning, and after eating or drinking.

Carb. veg. 6.—Stools thin and offensive, child cold, blue, collapsed.

Ipec. 3.—At the beginning of an attack, nausea, vomiting of food and drink or mucus and bile, thirst.

China 3.—Diarrhœa after every meal, stools fetid, thin, undigested.

Verat. 3.—Great weakness, fainting, coldness, vomiting after swallowing the least liquid ; or after the slightest movement ; colic, loose brownish stools.

Sulph. 6.—Stools frequent, greenish, thin, watery, slimy.

CHOLERA MORBUS, CHOLERINE, COMMON CHOLERA.—The symptoms of common cholera are much like those of Asiatic cholera, but are less severe as a rule and the disease is seldom fatal. There are also violent purging and vomiting, griping, and thirst, preceded by shivering, and terminating, if not checked, in collapse. But the disease is not dependent on a specific poison, like the epidemic cholera. The common cause is indiscretion in eating and changes of temperature.

General Treatment.—This is the same as in the case of Asiatic cholera. Keep the patient warm and quiet in bed; give small pieces of ice to suck; no solid food, only milk and barley-water. Beef-tea must be avoided.

Medicines.—(Every fifteen minutes until there is improvement, then less often.)

Veratrum alb. 3.—Is the most useful medicine in general. Violent vomiting; severe diarrhœa, watery painful or painless; coldness; cold sweat on forehead.

Arsen. 3.—Great prostration; fear of death; insatiable thirst.

Cuprum 6.—Violent cramps in calves of legs.

China 3.—For weakness remaining after.

CIRCULATION, FEEBLE.—A large percentage of civilised communities suffer more or less from defective circulation. The symptoms of it are congestion of the small blood-vessels, as indicated by blueness of the exposed parts, such as the face and hands; tendency to chilblains, and a constant feeling of chilliness, and especially coldness of the hands and feet.

General Treatment.—The best way to counteract this condition is to take regular open-air exercise, and, when a good reaction can be obtained, to sponge all

over with cold water in the morning, rubbing briskly with a rough towel afterwards until the whole surface of the skin is aglow. Clothing should be sufficiently warm, and woollen underclothing is the best for many persons. Jaeger's materials are excellent, and his plan of doubly protecting the middle line of the body by double folds in front is very good. But all persons are not tolerant of wool, and for them linen, cotton, or silk textures must be substituted. The Deimal and Lahmann fabrics are very pleasant to wear. Some people, however, find their feet warmer when wearing cotton stockings. It is a good plan to change the stockings frequently if the feet are at all moist.

Medicines.—(Three or four times a day.)

Calc. carb. 6.—In those subject to cold, clammy feet.

Nux v. 3.—Chilly subjects ; like to be warmly wrapped up ; sensitive to changes of temperature ; irritable disposition.

Pulsatilla 3.—In fair subjects of mild disposition ; though chilly, they cannot bear the heat of a fire, and throw off the bed-clothes at night.

Carb. veg. 6.—Especially in old people, with great vital depression.

Rhus t. 3.—Great blueness of the surface ; chilblains.

When the state is due to poverty of the blood itself the **treatment** recommended for **ANÆMIA** will be beneficial. *See also* **CHILBLAINS.**

CLERGYMAN'S SORE THROAT.—Public speakers are liable to a chronic relaxed sore throat, which has been called in consequence "clergyman's sore throat," but which is by no means confined to persons of this class It consists of chronic congestion of the follicles of the mucous membrane of the throat, often extending to the back of the nose and to the vocal cords. The

symptoms are—a feeling of dryness in the throat, constant desire to hawk up mucus, dropping of mucus from the back of the nostrils down the back of the throat; hoarseness. It is usually a very inveterate complaint.

General Treatment.—Care must be taken in using the voice, when this disease occurs in speakers, not to strain it in any way, and much may be done by vocal drill and exercise in breathing. Much relief may be obtained by gargling the throat with warm milk and water.

Medicines.—(Three or four times a day.)

Mercurius 3.—Throat swollen red; tongue furred and flabby; hoarseness; disposition to sweat easily.

Phosph. 3.—Hoarseness with cough and soreness in larynx, worse in the evening; cannot talk on account of pain in the larynx.

Hepar 6.—Feeling as if a splinter or fish-bone were in the throat, scarcely allowing him to swallow; symptoms worse during the night.

See also under **THROAT.**

CLOTHING.—Dress is not by any means a matter of fashion merely. A man's spirit is "confined to what it works in," in more senses than one. Ill-fitting clothes are not only objectionable from an æsthetic point of view, but very decidedly also from a point of view of health and morals. It is impossible for a man to be at his best if he wears badly made clothes, or clothes of wrong materials. The essentials of good clothing are the following:

1. The material should be good and adapted to the purposes for which it is required.

2. It should be of such a nature as to retain the bodily heat, whilst permitting the escape of perspiration.

3. It should be so made as to permit the freest movements of the chest, body and limbs, whilst at the same time fitting gracefully to the person. The female figure and the vicissitudes of woman's life demand a plan of clothing different from that of man. As yet no accepted plan for allowing freedom to the lower limbs has been evolved, and so long as skirts are worn something in the shape of corsets will be required to carry them. But corsets may be made of woven and more or less elastic material, so as to allow proper freedom of movement to the breathing apparatus. The radical defects of corsets as ordinarily made is, that the ribs which Nature made free are taken as one of the fixed points for corsets to rest on. It is thus that the most vital zone in the body is deprived of its proper freedom of movement, and compared with this the constriction of the actual waist —the soft parts between the ribs and the hip-bones—is a venial matter. When corsets are worn at all they should be made of woven or elastic material that gives to the changes of form taken by the lower chest on deep breathing and after a meal.

COLD IN THE HEAD.—The symptoms of cold in the head need no describing, as they are well known to all. But it is not recognised by everybody that a cold is a constitutional disorder. A chilling of the skin, when it results in a cold in the head, also affects the whole system, producing an abnormal chilliness and sensitiveness to cold. But colds are not always caught in this way; they are often due to atmospheric influences, and, again, often caught from those who have colds. This is especially the case with *Influenza colds*, in which the cold symptoms are more intense than in cases of ordinary cold and are accompanied by more constitutional disturbance. The treatment is the same

for both varieties. *Epidemic influenza* is a distinct disease. *See* **INFLUENZA (EPIDEMIC).**

General Treatment.—Whenever it is possible it is best to stay in one temperature until a cold has passed off. A liberal dietary, hot drinks, putting extra blankets on the bed, wrapping up the head at night, and putting the feet into hot water, are all well-known remedies for colds, and are all useful in many cases. They should not be neglected by homœopathists.

Medicines.—(Unless otherwise directed, every hour until relief is obtained, then less often.)

Camphor.—(Camphor pilules are the best). Immediately the chill has been taken, and while it is still on. One pilule every fifteen minutes, until the chill is succeeded by a glow. If this does not follow in the course of two or three hours, this medicine should be discontinued, and *Aconite* given instead.

Acon. 3.—In the early stage of colds, if the initial chill has passed, or when a feverish state has supervened. This may be continued forty-eight hours, by which time, in most cases, the cold will have disappeared.

Cepa. 12.—Fully developed sneezing head cold; symptoms better in open air, worse in warm room.

Mercurius 6.—Fully established cold; thick or thin unirritating discharge; sensitive both to heat and cold.

Arsen. 3.—Influenza cold; thin, irritating, hot discharge; prostration, anxiety, thirst.

Hepar 3.—Nose inflamed and swollen; bones of the nose sore to touch.

Nux v. 3.—Running cold by day, stopped at night.

Puls. 3.—Running colds, greenish discharge, sore eyes, in blonde mild-tempered subjects, chilly but cannot bear a fire or warm room.

Nat. mur. 6.—Chronic or recurring colds. Colds in chilly persons, constipated, subject to palpitation.
Calc. 6.—In chilly subjects, who have cold clammy feet, tendency to perspire in the night or early morning. Chronic colds.
Sulph. 6.—When there is constipation, a "sinking" sensation in the forenoon, and chronic colds in persons subject to skin eruptions.

COLIC.—Painful contraction of the bowels, compelling the patient to bend double, due to indigestible articles of food ; drinking cold water ; chills ; or lead poisoning. The last is especially found in painters.

Diagnosis.—The absence of all signs of fever separates colic from inflammation of the bowels ; also in inflammation the patient cannot bear the least pressure, whilst in colic pressure relieves. The passage of gall stones may be taken for colic, but in that case the pain is more definitely localised, and there are accompanying liver symptoms, as yellow skin, and even jaundice, with light coloured stools. The passage of renal calculi (kidney-stones) causes pains like colic, but these pains are lower down in the body, are confined to one side, and are accompanied by frequent urging to pass water, which is scanty.

General Treatment.—The patient must be kept at rest, and take only liquid food until the attack is over. To prevent future attacks he must avoid the causes which bring them on. Painters must be scrupulously careful in washing their hands before they eat. When caused by overloaded stomach, give coffee without milk.

Medicines. — (Every half-hour, or less frequently according to the urgency of the case.)
Nux vom. 3.—Pinching, drawing, compressing pains in

body, making patient bend double, worse at every step, when due to indigestible food and constipation.

Cham. 6.—Flatulent colic; intolerance of pain; aggravated at night and by warmth. After violent indignation.

Coloc. 3.—Pains very violent, constant or only ceasing for a short time, most violent at a spot near navel. Relieved by pressure or bending double.

Puls. 3.—From overloaded stomach. Wind that can not be got rid of; abdomen painful to touch; pains worse when lying down; tearing shooting about the navel; diarrhœa, yellow grey evacuations, pressing tensive headache.

Opium 3.—For lead colic.

Dioscorea 3.—Colic relieved by moving about.

CONFINEMENT. *See* **CHILD-BIRTH.**

CONSTIPATION.—When a person does not have a motion of the bowels as frequently as is natural to him, the condition is called constipation. This may occur temporarily from various causes, the bowels returning to their proper condition after a few days, or it may become a habit. In the latter case the condition is termed costiveness. Constipation generally occurs after acute illnesses; also as a reaction after the use of purgatives; from irregularities in diet, or from want of proper attention to the calls of nature. Certain articles of food produce constipation in some individuals, whilst others are not affected by them. Occasionally it is due to disease or malformation of the bowels. When it occurs after acute illness it is generally due to loss of power of the bowel itself, and disappears when the strength is restored.

Many persons imagine themselves constipated when

they are not. It is not necessary for every one to have a motion of the bowels daily. Some people can go two, or even three or more days, without any desire for a motion. If the action takes place without discomfort, and the delay causes no other symptoms, such as headache, there is no occasion for the least anxiety. Indeed, patients who are habitually costive may console themselves with the reflection that the condition is much better than its opposite—chronic looseness of the bowels—and that costive persons are usually long livers.

But when constipation or costiveness is attended with pain, or difficulty in evacuating the bowels, it may be enough to make life a burden, and something must be done. The usual thing is for the patient to resort to purgatives, and this is the worst thing to do. The usual result of this is to give present relief at the expense of aggravating the condition.

Obstruction of the Bowels is the extreme stage of constipation. In this there is a blocking of the bowel by hardened fæces, which cannot be passed by the bowel, which is in a state of paralysis. If purgatives are given in this state the general result is to irritate the bowel, and cause irregular contractions, which may cause one part of the bowel to slip into another part (*intussusception*), and this, if not speedily relieved, ends in gangrene. Obstruction is not nearly so common as is imagined; many people who suffer from very sluggish bowels consider they have obstruction, when there is really no blocking of the bowels, but only inactivity.

General Treatment.—Much may be done in the way of restoring to the bowels their natural function by exercise and diet. The use of whole meal bread in

place of white bread (which often contains alum, a possible cause of constipation), dried fruits, such as figs, prunes, Carlsbad plums, and ripe fruits, fresh and cooked, should be tried. Stewed rhubarb is often efficient. Meat must be taken moderately, not oftener than once a day, and a liberal supply of vegetables. Alcohol in all forms should be avoided. Strong tea should not be taken. The substitution of coffee for tea at breakfast will often assist the bowels to act.

Among other remedial measures may be mentioned the use of a cold water compress placed on the body at night; drinking a glass of cold (or hot) water on rising and going to bed, and the use of the enema or injection. For this plain water, thin gruel, barley-water, or milk, should be used, warm or cold; warm, when the enema is given to produce an immediate relief; cold, when it is given to strengthen the lower bowel. In the latter case it should be given at bedtime, and water should be used quite cold, and retained if possible. Another useful domestic remedy may be mentioned, and it is especially useful where constipation is complicated with piles. Put a tablespoonful of coarse black treacle (golden syrup will not do) into a tumbler of cold water over night. In the morning stir it and drink by sips whilst dressing. This will often induce an action of bowels. The following is also useful at times: Take a teaspoonful of linseed (which has been carefully washed) and a tablespoonful of wheaten bran. Mix. Add half a pint of boiling water and boil in a pannikin for a few minutes to thicken. Pour off the clear. Add sugar to taste and take the whole at bedtime, warm.

Medicines.—(Two or three times a day.)

Opium 3.—An inclination to evacuate but feeling as if the orifice were closed; no regular pressure; sensation

as if a load on abdomen ; heavy drowsy feeling ; dry mouth, thirst, want of appetite. Stool hard round black balls like marbles.

Nux vom. 3.—In sedentary persons and those accustomed to drink spirits. Bad taste in the mouth, want of appetite, especially in the morning, slimy tongue, irritability, headache ; frequent urging, little or nothing passes.

Puls. 3.—After taking rich or fat food ; with moroseness and taciturnity.

Bry. 3.—With indigestion, weight at stomach after food and pain between shoulders ; patient irritable, feels chilly, subject to rheumatism. Stool hard, large, light-coloured, and dry.

Lycop. 6.—Constipation with sadness, complete loss of appetite. When there is much flatulence and gravelly urine.

Plumb. 6.—Constipation of hard round balls ; colic ; abdomen drawn in ; also constipation of children with large bellies in mesenteric disease.

Æsculus hip. 3.—Constipation of hard round balls, backache aggravated by walking.

Nat. m. 6.—Constipation in chilly subjects ; earthy complexion ; feeling of contraction at the anus ; and as if something were lodged in the rectum (lower bowel).

Sulph. 6.—Frequent disposition to go to stool with ineffectual efforts. Sinking sensation at stomach, hot flushes, and fainty spells. *See also* **Piles.**

CONSTITUTIONS.—It is of great service in homœopathic practice to be well acquainted with the different kinds of constitutions that prevail, and their corresponding medicines. When a patient has very marked constitutional characteristics, it often happens that one

or two medicines will give relief, no matter what the disease may be that he is suffering from. For instance, those patients who are subject to clammy cold hands and feet, perspiring heads (either hot or cold), chilliness with relief by warmth, and irritability of temper, will almost always receive benefit from *Calcarea*. No matter what disease they may have, if these symptoms are prominent, *Calcarea* will relieve and often cure. Such are said to have the *Calcarea* constitution.

Contrasted with this is the *Sulphur* constitution. The *Sulphur* patient, instead of being chilly like the *Calcarea* patient, is hot, apt to perspire, has an irritable skin, and cannot endure warmth. He is always worse near a fire, in a hot room, and when warm in bed at night. The feet may be cold, but they are generally dry; often they are hot and burning, especially the soles; they may be hot and perspiring; cold hands and feet and hot head are a characteristic feature. The most characteristic feature of *Sulphur* is a sinking, "all gone," empty sensation at the pit of the stomach, generally worst in the forenoon. With this there are often hot fainty spells, with perspiration. The *Sulphur* patient dislikes washing. Such is the *Sulphur* constitution. When these symptoms are present, *Sulphur* must be given, no matter what the complaint.

Like *Calcarea,* in the matter of chilliness and aggravation by cold or draughts, are *Hepar sulph.*, *Silica*, and *Arsenicum*, among the remedies for chronic diseases, and *Nux* and *Belladonna*, among the remedies for acute diseases. *Nux* corresponds very closely to *Calcarea* in its action, and will often help a *Calcarea* patient temporarily.

Allied to *Sulphur* in aggravation by heat are *Apis*, *Iodum*, and *Pulsatilla*.

A third type may be described which is represented by *Lycopodium*. The chief symptoms of this remedy are great tendency to accumulation of flatulence, constipation, red sandy deposit in urine, affections or pains occurring on the right side of the body and travelling to the left (*Sulphur* has a preference for the *left* side), aggravation of all symptoms in the afternoon, especially from 4–8 p.m. It has a sinking sensation like *Sulphur*, but it is generally worst in the afternoon, or it may prevent the patient sleeping at night. In this it is like *Ignatia*. *Nux* and *Pulsatilla* have both affinities with *Lycopodium*.

These are the three chief types commonly met with. They are not always distinct, and we often find all three combined in the same patient. But generally the characteristics of one predominate, and the medicine which corresponds to that is the one to be given first. When it has done all it is capable of doing, the remaining symptoms will show which medicine should be chosen next.

CONSUMPTION OF THE LUNGS (PHTHISIS).—There are many different conditions included under the term "Consumption of the Lungs." When any affection of the lungs, involving consolidation or destruction of its tissue, is accompanied by wasting, fever, night-sweats, and loss of strength, it is fitly termed "consumption." This may follow an ordinary inflammation of the lungs which does not clear up, it may follow (but this is rare) bronchitis, or it may arise from infection. But before a person can be infected with consumption there must be some predisposition already existing. Persons who have this predisposition should not nurse consumptive patients or they may become infected. Consumption, in the strict

sense of the term, depends on the formation of what are called "tubercles" in the lung. These are minute greyish bodies composed of degenerate tissue, and containing minute organisms, the tubercle bacilli, which are the carriers of the infection when the disease is conveyed in that way.

Diagnosis.—The cough, wasting, hectic fever, night-sweats, and blood-spitting, and unnatural hopefulness of the patient (*spes phthisica*) are sufficient to distinguish consumption from other lung diseases which might be mistaken for it. Chronic bronchitis is a disease that gets better and worse, and has not the steady downward progress of consumption. When one side of the chest only is affected there is a sinking in of the chest-wall, and tapping gives a dull sound instead of the natural resonant sound. On applying the ear, there is generally much rattling and a resonating sound heard, which denotes that a cavity has formed in the lung. Chronic suppurative pleurisy may cause symptoms closely resembling phthisis, but in these cases there is the history of pleurisy to guide.

The **treatment** of consumption is of course a matter for the medical man. There is much to be done in the way of prevention by proper attention to ventilation, food, and clothing. The best way to guard against consumption (as well as every other disease) is to keep the body well nourished and well clothed. Generally consumptives have a great dislike to fat, and fat is one of the necessary elements of their dietary, and should therefore be supplied in the most agreeable form. Cod-liver oil is one of the best fats, and it is also a good deal more—it is a powerful medicine. It should form a regular article of the dietary of children who are at all weak-chested or whose families are

consumptive. In one sense consumption is not an hereditary disease; no child is ever born with consumption. But the tendency to consumption is very decidedly hereditary, and it is in those cases where one or both parents are consumptive that the greatest care is needed in the case of their children. When the disease has actually declared itself, one of the chief points to attend to is the diet. Another point which has lately come into great prominence is the recognition of the importance of fresh air. When possible, the patient should practically live in the open air, winter and summer, the sleeping room being so arranged that while the patient is kept warm the windows can all be so widely open that to all intents and purposes they sleep in the open air as well. The best of nourishing diets, milk of good quality, and cream, as much as can be taken, must be given at the same time. If the strength of the patient can be kept up, the disease may be kept at bay, and eventually conquered.

Medicines.—(Every two or three hours.)

Arsen. 3.—Fever, restlessness, red tongue, burning thirst, cough worse at night; great emaciation, anxiety.

China 3.—Hectic fever, copious night-sweats; diarrhœa.

Phos. 3.—Constant irritable cough, bloody expectoration. In commencing phthisis, with blood-stained expectoration.

Hepar 6.—Great sensitiveness to cold and all impressions; hectic, night-sweats, spasmodic cough, purulent expectoration.

Bacil. 30.—A dose of this may be given once a week in chronic cases. Other remedies may be given as indicated in the interim.

Other medicines may be given as indicated by the symptoms. *See* **COUGH.**

CONSUMPTION OF THE BOWELS.—This is a name given to two different conditions—disease of the lymphatic glands of the abdomen, and tubercle of the covering membrane of the intestine. The former is the disease more commonly met with in infants and children; the latter is more common in adult life. The symptoms of the former are great wasting of the limbs and trunk muscles, with increase in the size of the abdomen. With this there may be chronic diarrhœa, or obstinate constipation. The symptoms of the latter are the usual symptoms of inflammation of the bowels (*see* **BOWELS, INFLAMMATION OF**), but with great wasting.

The **treatment** of these conditions can only be directed by a medical man. The **prevention** is chiefly a question of proper nourishment and care of the general health. *See* previous article; *also* **BATH, CLOTHING**, and **DIET.**

Medicines.—(Two or three times a day.)

Arsen. 3.—Anxiety, restlessness, diarrhœa, fever, wasting.

Plumb. 6.—Shrunk limbs and swollen body; obstinate constipation.

Merc. 6.—Mucous or bloody stools.

CONVULSIONS.—There are several diseases attended with spasms of the muscles of the body resulting in various contortions of the features and limbs. When such spasms are attended with loss of consciousness, they are epileptic. Many children have fits of this kind, due to various causes, such as the irritation of teething or unsuitable diet. These may never recur, and then the disease is not called epilepsy proper,

but only if there is a periodical return of the attacks. Hysterical attacks are sometimes mistaken for epilepsy, but in these the loss of consciousness is never complete, and as they occur in young women who are generally known to be hysterical, there is not much difficulty in distinguishing between them. Sometimes fright will send a person into convulsions, either hysterical or truly epileptic. There may never be a second attack, but not unfrequently the patient has become epileptic from that moment, and subject to fits all the rest of his life.

Diagnosis.—Epilepsy is easily distinguished from apoplexy in general. In the latter there is no struggling, and in many cases there is no loss of consciousness; but in the worst forms of the two there may be difficulty. When patients fall down unconscious and lie still with congested face it may be impossible to decide between the two. If there is a history of previous epileptic attacks this will make the case clear. When there is no such history the event will have to decide.

In Children.—General Treatment.—Put the legs of the child up to the knees in water as hot as can be borne. Let them remain in five or ten minutes, or until the fit appears to be gone off. Wipe perfectly dry and wrap the child warmly after. This may be repeated shortly if no relief follows the first time, or if the fit returns. Whilst the feet are in the bath cold water may be applied to the head. If the attack is traceable to the presence of an irritating substance in the stomach or bowels, an emetic or an injection of warm water should be given to bring it away if possible.

Medicines.—(To be given just as the fit is gone off;

or, if long continued and frequently recurring, immediately, and repeated every ten or fifteen minutes, according to urgency. If there is no recurrence the medicine should be repeated two or three times a day for a few days.)

Cham. 6.—If the child is cross, and especially if teething and if there is convulsive jerking of limbs, twitching of face and eyelids, constant moaning, craving for drink, one cheek red the other pale.

Bellad. 3.—Starting suddenly when asleep or staring about wildly; dryness and burning heat of forehead and palms; involuntary discharge of urine after the return of consciousness.

Ignat. 3.—Sudden and violent starting from a light sleep with loud screaming and trembling of the whole body; spasms of a single limb or single muscles.

Cina. 3.—When there are worm symptoms, itching at the nose and anus, and wetting of the bed.

Nux 3.—From indigestible food, as unripe fruit.

Opium 3.—When due to fright; loud screaming, tossing of the limbs; or an unconscious state as if stunned.

Sulph. 6.—When following repelled eruptions.

Epileptic.—During the attack no **treatment** should be attempted. Tight garments may be loosened, and a tooth-brush handle may be inserted between the teeth to prevent biting of the tongue. When the conditions which induce an attack are known, such as indiscretions in diet, these should be avoided. The *medical treatment* should, when possible, be undertaken by a medical man.

Medicines.—(Two or three times a day.)

Bell. 3.—Convulsions violent; followed by mental disturbance.

Calc. 6.—In pale lymphatic subjects with cold, damp feet.

Opium 3.—When the fit occurs in sleep ; heavy drowsy condition ; constipation ; when the fits are a consequence of fright, reproach, violent scolding, or taking offence.

Plumb. 6.—In unhealthy-looking subjects who suffer from constipation.

Sulph. 6.—Fits occurring about the full moon. In constitutions of the *Sulphur* type, subject to eruptions, to flushes of heat and fainty spells, when there is a "sinking" sensation at the pit of the stomach, worse in the forenoon.

Hysterical. *See* **HYSTERIA**.

CORNS.—Overgrowth of the scarf-skin, due to pressure on certain parts of the foot and toes from ill-fitting boots, the growth pressing on the sensitive true skin and causing much pain.

The **treatment** consists in wearing boots specially made for avoiding pressure on the affected parts. Relief may be obtained by bathing in hot water and paring, and applying arnica plasters afterwards.

Medicines.—(Two or three times a day.)

Rhus 3.—When corns pain at changes of the weather ; and afterwards *Bry.*

Sulph. 6, *Calc.* 6, *and Lycop.* 6.—When these are given according to the temperament of the patient they will lessen the tendency to corns. *See* **CONSTITUTIONS**.

Salicyl. acid IX painted on the corn at bed-time is a valuable local measure.

CORPULENCY.—With some persons the increase of fatty tissue becomes so great as to amount to positive disease. This may be combated in various ways.

General Treatment.—Open-air exercise should be taken regularly. The freest ventilation should be secured in the house. Meals should be taken regularly, three times a day, and foods rich in fat, starch, or sugar should be avoided or taken sparingly.

An exclusive raw-fruit diet will rapidly decrease weight. For example—Breakfast: oranges and bananas. Lunch: apples and tomatoes. Tea: oranges. Dinner: apples, bananas, melons. Almonds may be added. No drink of any kind to be taken.

Medicines.—The medicine most commonly useful in this condition is *Phosphorus* 3. After a course of this, *Calc. carb.* 6 should be tried. After this *Arsen.* 3.

COUGH.—A cough is usually a symptom of some affection of the lungs, bronchial tubes, or throat. In that case the chapters on **BRONCHITIS, CONSUMPTION,** and **INFLAMMATION OF THE LUNGS** must be consulted. But often a cough is the whole of the disease, and is due to irritation or irritability of the air passages, which does not amount to inflammation.

General Treatment.—Persons who are constantly catching colds and getting coughs should adopt the measures recommended for the prevention of colds. Cold sponging, followed by brisk rubbing; warm, but not too warm clothing, and open-air exercise are all helpful. It is not necessary to stay indoors always for a cough. Rubbing the chest with olive oil or (especially in children) cod-liver oil is good. Cold drinks if desired; gum water, and hot milk with water, and linseed tea may be taken in any quantity. Pastry and rich or spiced food must be avoided.

Medicines.—The types of cough are endless, but for the most characteristic of them the corre-

sponding medicine will be found in the following list :—

Aconite 3.—A dry irritating cough, tickling in the larynx (Adam's apple), the beginning of a cold.

Nux v. 3.—Dry cough with rough scraping raw sensation in the throat, oppressed breathing at night ; in those who indulge much in coffee or spirituous drinks ; asthma.

Hyoscy. 6.—Dry cough, worse at night, coming on as soon as patient lies down.

Caustic 6.—Protracted dry short cough ; or hollow cough ; burning or excoriating pain in chest and windpipe ; urine escapes whilst coughing.

Bryonia 3.—Dry cough commencing with tickling in throat ; comes on after eating and causes vomiting ; cough begins as soon as patient enters warm room ; stitch in side ; comes on in morning on first moving about, with expectoration then. Cough with shooting pains in head, throat, and chest. Hard shaking cough which causes pain in the head and abdomen.. Cough in the evening and at night without expectoration.

Ipecac. 3.—Cough of children when mucus almost suffocates them. Spasmodic cough, face becomes purple and limbs stiff. Dry cough with tickling sensation in larynx. Cough causing nausea and vomiting of mucus. Walking in cold air makes the cough worse.

Bellad. 3.—Spasmodic cough excited by constant insupportable tickling in larynx, without phlegm on the chest ; cough barking.

Merc. 6.—Dry cough exhausting and shaking the patient, more especially at night ; hoarseness, fluent coryxa.

Cina 3.—Dry cough, at times accompanied by expec-

toration of mucus ; in children, who start suddenly, especially if they have worms. Fluent catarrh, burning sensation in nose ; children object to being touched.

Puls. 3.—Cough ceasing in open air, violent in warm room ; cough dry in the beginning, then attended with expectoration of mucus, which is easily raised ; in the morning much yellow, salt, bitter, disgusting expectoration, sometimes accompanied by retching ; cough loose by day, dry and tickling at night, compelling the patient to sit up and coming on as soon as he lies down ; rough feeling in windpipe, soreness of abdomen and sides, as from a bruise, or shooting pains in arm, shoulder, and back ; urine escapes whilst coughing.

Arsen. 3.—Loose cough with but little expectoration ; cough difficult and causing constriction of the chest ; coughing each time after drinking ; cough during the night, with spitting of blood and burning heat all over the body, want of breath, extreme fatigue and weakness. Every evening dry cough which is very weakening, oppression of chest on going upstairs and into cold air ; palpitation and agitation during the night.

Sulph. 3.—Chronic dry cough from tickling in the throat coming on in the afternoon and continuing till towards midnight ; cough only during the night, preventing the patient from sleeping ; dry cough during the night, with yellow, greenish, offensive expectoration of thick mucus, pus, and blood during the day ; cough which seems to tear the chest under the sternum ; when coughing, single stitches in the chest or under the ribs on the right side ; feeling as if the chest would burst when coughing or sneezing ; the chest feels narrow and full, difficulty of breathing, whistling and rattling in the chest, palpitation of the heart, the patient is obliged to

sit up during the night. Cough attended by a crushing pain in the head, blackness before the eyes, heat in head, neck, and face, but cold hands.

Calc. carb. 6.—Tedious cough caused by tickling or pain down the throat, so violent in evening and during the night that every blood-vessel throbs. Dry cough in the night during sleep ; dry cough with pain or rattling in the chest, particularly in very fat children, when *Ipec.* suits but does not suffice. Cough with copious expectoration, particularly during the day, lumpy, purulent, yellow, greenish, brown, so offensive as to cause vomiting ; when coughing a stitch in side and chest and burning in the latter ; tearing and shooting pains in the head ; stitching pain in side when breathing deeply, when moving and bending. In the evening heat, then chills and thirst, night sweats, particularly on the chest ; great weakness and much anxiety concerning the malady.

Lach. 6.—Cough excited by pressing the hand on the chest, the patient unable to bear anything about the neck, coughing during the night in his sleep ; coughing as if something fluid had got into the windpipe ; difficulty in expectoration. Cough much worse after meals, after sleeping, and after rising; is accompanied by pain in throat, ears, head, and eyes.

COURSES. *See* **MENSTRUATION**.

CRACKS IN THE SKIN.—Nostrils cracked, *Petrol.;* apply vaseline locally, and give *Petrol.* night and morning. If this is insufficient give *Nit. ac.* 6 in the same way. Lips cracked and sore, *Graphit.;* vaseline locally. *See also* **HANDS, CHAPPED**.

CRAMP.—Sometimes certain muscles, especially of the calves and feet, are subject to painful contractions,

which are called cramps, coming on generally during sleep.

Treatment.—Press or squeeze the parts; if in the feet press them against the foot of the bed.

Medicines.—(One dose to be given at bedtime for a few nights.)

Arn. 3.—When they occur after fatigue.

Verat. 3.—To overcome the predisposition; feet cold.

Nux v. 3.—From no special cause, coming on in the night.

Sulph. 3.—If these are insufficient.

Rhus 3.—Cramps in the daytime, only whilst sitting.

Lycop. 6.—Cramps whilst walking.

Coloc. 3.—Soreness and stiffness after an attack.

CROUP.—A spasmodic affection of the larynx (spasm of vocal cords) and windpipe of children, in the milder form unaccompanied by inflammation, and consisting of sudden attacks of suffocating cough, usually waking the child from sleep. This is called "Millar's asthma," or Laryngismus stridulus. Another form, usually arising from cold, and especially from exposure to cold east wind, begins with a slight cough and hoarseness, the suffocative attacks occurring suddenly in the night. This kind arises from catarrhal inflammation of the larynx and windpipe, occasioning spasm of the vocal cords. In the worst form of all there is, in addition to inflammation, the formation of a thick membrane. This is almost always associated with diphtheria in the throat.

All forms of the disease are dangerous, and require prompt treatment. A medical man will, of course, always be consulted when possible, but there is much to be done before he can be obtained, as the attacks come on suddenly and find everybody unprepared.

Symptoms.—Whether preceded or not by slight cough, the attack, which comes on suddenly and almost always in the night, partakes of the same general characters. A choking cough wakes the child from sleep. The cough has a shrieking, sharp sound like the first attempt at crowing of a young cock. There is great difficulty in inhaling, and the breath is expelled in jerks. After the attack has passed off the child remains hoarse and cross. There may be a return the same night. Often the child is apparently quite well the next day, but has a return of all the alarming symptoms in the night.

General Treatment.—During the attack apply a sponge wrung out of hot water, as hot as can be borne, to the larynx ("Adam's apple") and let both the arms be immersed in the water itself. If the patient grows cold and struggles with suffocation, pour very cold water on the head, nape of the neck, and throat. The room must be kept warm, and during the day the child must be carefully guarded from colds. Flannel must be put round the neck, and he must not be allowed to eat fruit of any kind.

Medicines.—(To be given every ten or twenty minutes during an attack, according to the urgency of the symptoms. Every three or four hours during the interval.)

Acon. 3.—The slight premonitory cough, as soon as cold is observed; at the beginning of the attack, choking, dulness, anxiety, fright.

Hepar 6.—For the premonitory cough when hollow and wheezing. For the hoarseness remaining in the morning after an attack in the night. If the attacks come on *after* midnight or grow worse then, *Hepar* is better than *Spongia*. Rattling with the cough.

Spongia 3.—Voice rough, cough hollow, breathing, sawing, piping; can be heard at a long distance, the attack comes on *before* midnight; absence of rattling.
Carbo veg. 6.—Face blue, extremities cold, breath cold, voice almost extinct.

CRYING.—When crying is excessive in children it is usually caused by pain. Care should be taken to see that there is no mechanical cause for this, no pin sticking into the child, and no derangement of the dress.

Medicines.—Never on any account give laudanum, or opiates, or "soothing syrups" of any kind to children. They are always dangerous to the life of the child and injurious to its health if it lives.—One of the following may be given every few minutes till quiet:

Bell. 3.—Starting suddenly out of sleep and beginning to cry violently.

Acon. 3.—If crying is accompanied by uneasiness and heat.

Cham. 6.—Fretfulness, wanting to be constantly carried about; if the crying appears to be caused by earache or headache.

CUTS. *See* **WOUNDS.**

DANDRUFF.—A scurfy state of the scalp. A certain amount of scaling is natural; it is only when it becomes excessive that it constitutes disease.

General Treatment.—When the crust is thick it may be removed by anointing with lard at night and washing with a weak solution of soda in the morning. It must not be removed forcibly.

Medicines.—(To be given night and morning.)

Arsen. 3.—When dry.

Sep. 6.—When moist.

Sulph. 6.—When dark or dirty-looking, with offensive odour, red under the crust; itching. (When *Sulphur* is given internally a mild sulphur ointment (one part of official Sulphur Ointment to three parts *Unguentum cetacei*) may be applied at night and washed off in the morning.)

DEAFNESS.—This may be due to accumulation of wax in the ears, to cold, to changes in the internal cavity of the ear, or to affection of the nerve of hearing.

General Treatment.—When there is wax in the ear it must be removed. This should never be attempted with hair-pins or anything of that kind. Warm sweet-oil should be dropped into the ear every night for two or three nights, and then the ear should be syringed out with warm water, very gently, as permanent harm may be easily done if violence is used. For deafness, when due to other causes, medicines will be required. When accompanied by inflammation or earache, *see under* **EARS**.

Medicines.—(To be given three or four times a day.)

Merc. 6.—When due to cold and accompanied with cold in the head or soreness of the throat; swelled tonsils.

Puls. 3.—If there is yellow discharge; after measles.

Bell. 3.—After scarlatina.

Verat. v. 3.—With singing, twittering, tingling.

China 3.—With noises in the head and giddiness.

Magnes. carb. 6.—When due to shock or nervous causes.

Calc. carb. 6.—In persons who have cold, clammy feet, or are sensitive to changes of the weather.

DEBILITY.—When the bodily powers are in any way reduced, and the general state is one of languor and

disinclination to attend to the usual duties, without there being any definite disease to account for it, this condition is called "Debility." The term is a useful one, though it has no very definite scientific meaning. It is persons in this condition who usually fly to "tonics" in allopathy, and, if they happen to get the right tonic, and do not take too much of it, well and good; but there are so many tonics, and the chances of selecting the wrong one are so great, that harm much more often than good results from their indiscriminate use. The best, safest, and most efficacious of all "tonics" are rest and change. But these are not always obtainable, and then other measures must be adopted. Cold or tepid sponging in the morning, early retiring, and drives in the open air are generally available. Liberal dietary is necessary in all cases. The meal-times should be regular, and there should be a period of rest before and after each. Wine is not to be relied on; but it is sometimes of temporary use. It should never be taken except with meals, and never to relieve the feeling of "sinking" at the stomach which is a frequent accompaniment of debility. Burgundy is the best wine when any is required.

Nervous Debility is usually the consequence of excesses of some kind, and among these abuse of the sexual function is the most fruitful. It is attended with sufferings of all kinds—depression of spirits, indigestion, sleeplessness, nervousness. The same **General Treatment** as sketched above is applicable here, but more reliance must be placed on medicines.

Medicines.—(To be taken three or four times daily.)

China 1.—Debility after illness, loss of blood and other fluids, discharges from abscesses; nervous debility.

Arsen. 3.—Debility, characterised by a low feverish condition, with anxiety, restlessness, thirst.
Nux. v. 3.—Debility in nervous patients ; spare habits ; tendency to constipation ; nervous debility.
Ignat. 3.—With excessive nervousness and sleeplessness.
Act. r. 3.—With great melancholy, restlessness, and sleeplessness.
Ferrum 6.—With bloodlessness, palpitation, headache, *Calc.*, *Sulph.*, and *Lyc.*—When constitutionally indicated. *See* **CONSTITUTIONS.**

DELIRIUM TREMENS.—One of the effects of alcohol poisoning is the inducing of a state of violent delirium, accompanied by visions of diverse animals, and sometimes by fever. This usually comes on after a long period of indulgence, insufficient food being taken during the time. It also comes on with the sudden leaving off of stimulants after excess.

Diagnosis.—Poisoning with *Belladonna*, an attack of acute mania (brain fever), and the delirium of typhus fever often resemble delirium tremens ; but the history of the case will generally make it clear. There is almost always the history of drinking habits in delirium tremens, and very often a strong smell of spirits about the patient.

General Treatment.—This disease is always attended with danger, and the treatment should never be undertaken except by a medical man when possible. The principal thing is to keep up the patient's strength. Strong soup or beef-tea should be administered at frequent intervals. When the patient is violent means must be taken to prevent him hurting himself or others.

Medicines.—(To be given frequently, every half-hour until their action is apparent, and then at longer intervals, as required.)

Bell. 3.—Flushed face, violent delirium, tries to escape.
Verat. alb. 3.—Cold sweat on face, anxious desire to run away, sees devils.
Ant. tart. 6.—Foul tongue, tremulousness, vomiting, prostration.
Arsen. 3.—At the beginning. In tobacco-chewers. Sees the room full of thieves and spectres; great anguish; fear to die; pangs of conscience.

DELIVERY. *See* **CHILD-BIRTH.**

DENTITION. *See* **TEETH.**

DEPRESSION OF SPIRITS.—In general, low spirits pass off when the cause is removed. But sometimes it becomes itself a disease, and persists when there is no longer any cause acting, and sometimes the cause is of such a kind that it cannot be removed. In all cases the cause should be sought and removed if possible.

General Treatment.—This is largely moral. The patient must be encouraged to do his business and transact his ordinary occupation in spite of his low spirits. Often the malady will be forgotten if the mind or hands are actively employed. In any case occupation is the best palliative when it is not a cure. One particular precaution should be observed—the patient should never be allowed to resort to stimulants. This is fatal to any treatment, moral or medicinal, and the habit once formed soon becomes confirmed.

Medicines.—(Two or three times daily.)
Act. rac. 3.—As if a cloud settled over patient; sleepless and restless.
Ignat. 3.—When due to worry; at change in life; with hysterical symptoms.
Merc. 6.—Wretchedness and dejection; apprehension.

Nat. m. 6.—Melancholy, depressed, sad and weeping; consolation aggravates.
Sulph. 6.—With heaviness and drowsiness, or absence of sleep; "sinking" sensation, especially in the morning; broken-down, dejected look.

DERBYSHIRE NECK. *See* **GOITRE.**

DIABETES.—A wasting disease, of which the prominent symptoms are thirst and dryness of mouth, with passage of large quantities of urine containing sugar. It is a chronic disease, and may go on for years without affecting the general health to any great extent; but diabetics should be careful, as the disease is liable to take a dangerous turn. The older a patient is before the disease sets in the less dangerous it is.
General Treatment.—Avoidance of chills by the use of warm woollen underclothing; restriction of diet to articles of food containing little starch or sugar. Glycerine is a good substitute for sugar.
Medicines.—*Syzygium* ix. (five drops in a wineglass of water three times a day).
Ac. phos. 1.—When connected with nervous weakness and an apathetic condition.
Nat. m. 6.—Great thirst, wasting, constipation.
Sulph. 6.—When the constitutional symptoms of sulphur are present.

DIARRHŒA.—The passage of loose or watery stools more frequently than is natural constitutes diarrhœa. This is a consequence of increased secretion of the intestinal mucous membrane and intestinal glands, and may result from many causes, such as a chill, from excessive heat, sudden fright, vexation, burns or scalds. Diarrhœa is looked upon by some people as a cleansing process, and they are in the habit of taking purging

medicines perennially with this object. This is a mistaken notion. Diarrhœa is no more "cleansing" than a cold in the head is. But it is not advisable to check a diarrhœa with astringents, for then the morbid process may be transferred to some other part.

General Treatment.—The quieter the patient can be kept when suffering from diarrhœa the better, and in severe cases absolute rest must be enjoined. The diet should consist of mucilaginous food, such as arrow-root, rice, sago, mutton-broth thickened with wheaten flour or sago. Boiled milk may be taken warm. The white of eggs beat up, just sweetened with a little sugar, is also useful in diarrhœa. Acids, coffee, tea, and such things must be avoided. Fruit, fresh or dried, eggs, poultry, and veal are bad. Beef-tea also is apt to increase the disorder.

Medicines.—(To be taken every hour or two until relief is obtained, and then less often.)

Veratrum alb. 3.—Painful, watery diarrhœa; summer diarrhœa; great coldness; cold sweat on forehead; nausea and vomiting.

China 3.—Frequent watery stools, with griping pains; chronic, painless, watery diarrhœa; food passes undigested.

Acon. 3.—Following a chill.

Coloc. 3.—With much colic; stools brown or yellow, pappy or watery. The colic is relieved by pressure or bending double.

Puls. 3.—Slimy diarrhœa, each stool of a different colour, much pain.

Cham. 6.—In teething children, uneasy, want to be carried about constantly; cry, twist, and writhe; stools slimy or watery, green or brown, smelling of rotten eggs. In adults when evacuations are green, watery,

hot and offensive ; bitter taste in mouth, bilious vomiting, griping, headache.

Podoph. 6.—Watery yellow stools, painless, worse in early morning.

Merc. 6.—Mucous bilious diarrhœa, sometimes mixed with blood ; attended by screaming fits, ineffectual urging and trembling, great exhaustion, fetid breath.

Arsen. 3.—Watery, yellow, acrid stools ; great emaciation, anguish ; chronic diarrhœa ; debility.

Sulph. 6.—Diarrhœa coming on early in the morning ; green, slimy, acrid, excoriating the parts ; emaciation, hard, distended abdomen ; chronic diarrhœa. *See also* **CHOLERA.**

DIET.—The three essential points to observe in regard to food are—the quality of it, the quantity, and the times at which it is taken.

In general a substantial breakfast at eight, a light lunch at one, and a substantial dinner at seven, and nothing between these, is the best possible arrangement for the daily meals. The quality should be light and digestible, the quantity enough to satisfy hunger, and the drink non-medicinal, and in quantity enough to allay thirst.

In *sickness* the diet will be regulated according to the disorder. In *acute illnesses* it must be of the lightest and simplest kind. Pure water may be given as much as is desired in these cases ; it may be sweetened with pure fruit syrup, if desired. Toast-water, barley-water, rice-water, gum-arabic-water, thin oatmeal gruel, milk whey ; also arrowroot, sago, tapioca, semolina, all made with milk only. Ripe juicy fruit, as grapes, peaches, oranges, raspberries, but nothing at all acid, and no fruit at all when there is diarrhœa, as in cases of typhoid fever.

In *convalescence* or chronic illnesses a more liberal dietary may be allowed. Bread not too fresh, and not containing alum or other impurities, biscuits, milk puddings, soup with barley or rice boiled in it, beef-tea, chicken broth, mutton broth.

Meats.—Beef, mutton, tongue, game, pigeons, chickens, sweetbread, tripe, the lean of ham, and for breakfast, bacon. These should not be partaken of cold, nor done up a second time. The only exception is in the cases of ham and bacon; these may be taken cold. The fat of bacon is the most digestible of all fats. The finest bacon boiled, and eaten cold with toast or stale bread is an excellent breakfast diet.

Fish.—Cod, haddock, whiting, sole, turbot, herring, and salt fish after it has been well soaked in water; also oysters, either raw, roasted in the shell, or boiled in soup.

Vegetables.—Potatoes, spinach, cabbage, cauliflower, green peas or beans, asparagus, haricots.

Milk.—Uncooked or boiled, butter-milk, whey. When milk disagrees the addition of a little salt often makes it digestible. Boiled milk has less food value than uncooked milk. Boiling destroys much of its vitality. The researches of Metchnikoff have introduced into modern dietary many forms of curdled-milk prepared with the Bulgarian lactic acid bacillus. These are of very great value both for the healthy and for some forms of sickness, especially in neurasthenia and some forms of indigestion.

Drinks.—Pure chocolate or cocoa, weak China tea, scalded milk (fresh milk with boiling water poured into it in about equal proportions). The best of all drink is pure spring water.

Other Articles.—Butter, milk, cheese, cream,

custard. Salt and sugar must be taken only in moderation.

Of course, in prescribing a diet individual peculiarities must be studied.

Forbidden Articles in Homœopathic Dietary.—When under homœopathic treatment, there are certain articles which patients must avoid, unless expressly allowed by the physician :

The flesh of young animals ; liver, and internal organs generally ; geese, ducks ; fat pork, roast pig, eels, crabs, smoked or salt meat, sausages, mince-pies.

All highly seasoned soups and sauces.

Rich cake, pastry, honey ; confectionary except barley-sugar ; nuts of all kinds ; all fruit, except grapes, oranges, peaches, sweet apples, pears, raspberries when properly ripe, and of dried fruits, raisins, prunes, dates, figs.

Vinegar and all things made with it ; pickles, aromatic herbs, parsley, garlic, onions ; pepper, ginger, nutmeg and flavouring.

Distilled or fermented liquors ; coffee, green tea ; lemonade and acid drinks ; mineral waters.

Scents, perfumery, medicated tooth-powders.

Tobacco, except very moderately.

DIPHTHERIA.—This is a specific infectious disease, which manifests itself in a peculiar ulceration of the throat and great general prostration and fever. The throat is covered with a dark-grey membrane, which emits an exceedingly offensive odour. The contagious principle is contained in the breath and in the expectoration containing fragments of the membrane.

Diagnosis.—Diphtheria is distinguished from all other throat affections by the presence of a dirty grey, tough coating on the mucous membrane of the throat. This coating contains numerous micro-organisms and a

specific one termed the bacillus of Klebs-Lœffler. There is no other kind of sore throat which is accompanied and followed by such grave constitutional symptoms. The heart is very frequently affected, and almost always weakened temporarily ; and for a long time after the throat is well there is a danger of paralysis coming on. This may affect any of the muscles of the body, and sometimes attacks the heart.

General Treatment.—The great object is to keep the patient nourished, and support the strength. Strong beef-tea and milk, when it is tolerated, should be given at frequent intervals. Patients suffering from diphtheria should never be raised up from the recumbent position, except with greatest care, as the prostration is so great it may bring on fainting which may prove fatal.

Medicines.—(Every few minutes to every hour or longer, according to the urgency of the symptoms.)

Bry. 3.—Great prostration ; patient cannot bear to be moved ; complains of pains everywhere when moved ; white tongue ; dry mouth ; thirst for large quantities of water.

Bell. 3.—Restless ; complains of sore throat, which looks highly inflamed ; pupils large ; drowsy, but unable to sleep ; starts suddenly out of sleep.

Lach. 6.—After *Bell.* ; worse after sleep ; patches on tonsils, worse the left side ; croupy symptoms ; patient cannot bear to have anything touch the neck and throat.

Lyc. 6.—Throat brownish red ; worse right side ; worse from swallowing *warm* drinks ; nose stopped up ; patient cannot breathe with mouth shut ; keeps mouth constantly open, slightly protruding the tongue, which gives a silly expression ; unsteady step ; on awaking

from short nap he is cross ; kicks ; is naughty (if a child) ; or jumps up in bed, stares about, and knows nobody, seemingly dreaming with open eyes ; frequent jerkings of lower limbs, mostly with a groan, awake or slumbering ; great fear of being left alone.

Rhus 3.—Restless ; wants to be carried about ; wakes complaining of pain in throat ; bloody saliva runs out of mouth during sleep ; parotid glands good deal swollen ; transparent jelly-like discharges from bowels at stool or afterwards.

Apis. 3.—Great debility from the beginning ; membranes at once assume dirty greyish colour, or there is great œdema of soft palate and much puffiness round the eyes ; pain in ears on swallowing ; an itching, stinging eruption on skin ; sensation of weakness in larynx ; numbness of feet and hands and even paralysis. (*Apis* is incompatible with *Rhus*, and should not be given immediately after it, nor *Rhus* after *Apis*.)

Ignat. 3.—Pain in throat worse when not swallowing ; relieved by swallowing, membrane more abundant on right side ; much prostration ; sensation of lump or marble in the throat.

Merc. 6.—Tongue coated thickly, white or yellowish ; much salivation ; glands swollen ; much membrane on tonsils.

Merc. cyan. 30.—Is specific in many cases where there is intense vital depression along with the other symptoms.

DISTENSION.—This is a frequent symptom of weak digestion, and where there are other symptoms the case must be considered as a whole. When it is the chief or only symptom, after the diet has been attended to, and the dress—for modern dresses are made to compress the lower ribs and deprive the stomach and liver of the

space they require (*see under* **CLOTHING**)—a remedy may be selected.

Medicines.—(To be taken an hour before food.)

Carb. v. 6.—When the distension and distress are high up in the body, affecting the chest, the flatulence passes away by the mouth.

Lycop. 6.—Distension more in lower part of the body, flatus passing downwards. *See also* **FLATULENCE.**

DIZZINESS.—*See* **GIDDINESS.**

DREAMS.—Dreaming is natural to some person in sleep. Some never dream unless they are ill. Dreams may be so unpleasant and persistent as to seriously injure the health, and then the patient should be treated. Attention should be paid to diet, the meals taken regularly, and nothing but digestible food.

Medicines.—(To be taken two or three times a day the last dose being at bedtime.)

Bell. 3.—Anxious and frightful dreams.

Bry. 3.—Dreams of business transacted during the day.

Arsen. 3.—Anxious dreams, with feverishness.

See also **NIGHTMARE.**

DROPSY.—When the blood-vessels give way and allow fluid to be exuded from them into the tissues or cavities of the body the condition is called "dropsy." Dropsy may be an independent condition, or it may arise from a number of causes, most frequently general weakness, depraved state of the blood, heart disease, liver disease, or kidney disease.

Dropsy may be local, affecting any limb or part of the body, or it may be general. A moderate amount of dropsy is not a matter of great importance. Many weakly people without being actually diseased suffer from constant swelling of the ankles. But if the

same symptom occurs when known disease is present, it is a sign that the disease is advancing or that the system is giving way under it.

The Treatment of dropsy will depend on the nature and cause of it. *See under* **ANÆMIA, DEBILITY, HEART, KIDNEYS, LIVER.**

Dropsical limbs should be supported with light bandages, and when oozing takes place linen rags smeared with vaseline should be wrapped round and changed frequently. When it is an independent disease, it must be treated according to the symptoms of the patient.

Medicines.—(Two or three times a day.)

Apis.—Will be found the most generally useful medicine.

Arsen.—If there is thirst, anxiety, great weakness.

Nat. m.—In chilly subject, with thirst, low pulse, constipation, depression.

DROWNING. *See under* **APPARENT DEATH.**

DRUNKENNESS.—For a fit of drunkenness there is nothing better than to let the person sleep it off. Cold water applied to the head or body will restore him more quickly if it is necessary. Nothing but moral effort will cure the habit, though medicines can give great help. Drunkards should abstain from salt.

Medicines.

Nux vom 3.—For the after-effects of fit of drunkenness. It may be given every hour until the headache or other reminders of the previous night are gone.

China.—(Being given in the strong tincture, five drops in a wineglassful of water) it is the best medicine when the craving for drink comes on.

Suph. 30.—Given night and morning will sometimes produce distaste for drink.

See also **ALCOHOL HABIT** and **DELIRIUM TREMENS.**

DYSENTERY, OR BLOODY FLUX.—Inflammation or ulceration of the large intestines, with straining, and sometimes discharge of mucus and blood, and scarcely any real fæcal matter. The disease often appears in epidemics, affecting armies on the march, or travellers in malarious districts; it is endemic (a commonly occurring disease) in certain parts, chiefly seaport towns in hot latitudes, and is mostly traceable to sanitary defects.

Diagnosis.—Dysentery cannot well be mistaken for any other disease. In typhoid fever there is often passage of large quantities of blood, but in this case there is much fever and absence of pain. In piles there is loss of blood with stool, but the presence of piles is generally recognised, and the motions are of the ordinary kind, the blood being separate.

General Treatment.—Whenever dysentery makes its appearance see that the water is good, and if not certain about it, have it boiled and afterwards filtered, the filter being a new one, or not long in use. All outhouses must be carefully disinfected. It is also necessary to guard against chills, for there may be the conditions of dysentery present, and yet it may require something such as a chill to determine an attack. Unripe fruit must also be avoided. The diet must be confined to gruel and farinaceous food, with as much cold water as the patient likes. When he is recovering, mutton broth may be given, and the return to ordinary diet gradually permitted. In the great straining that occurs sometimes during convalescence, injections of linseed-tea are very soothing.

Medicines.—(Every hour until relief is obtained, then less often.)

Merc. 6.—Greenish-looking matter mixed with blood; more straining after each motion than before.

Nux vom. 3.—Much straining before and during stool; great relief after.

Merc. cor. 3.—Severe colicky pains; first much bile, and then blood and slime, or light-coloured blood alone, or nothing but slime.

Acon. 3.—After a chill; heat; thirst; red face.

Coloc. 3.—Extreme pains in the bowels; patients double themselves up; stool slimy, sometimes mixed with blood.

Sulph. 6.—In all chronic cases which resist other medicines; much urging and ineffectual straining; worse at night; aversion to beer, meat, milk, sweet and warm things, malt liquors, and wine.

DYSPEPSIA, OR INDIGESTION.—The inability to digest food is an accompaniment of many diseases. Acute inflammations and fevers give rise to it, and organic disease of the heart, liver, and of the stomach itself. In these cases it is the original disease that needs attention, or rather the whole condition of the patient. But indigestion may be a disease in itself. The causes of it are manifold, as badly cooked food, over-indulgence in wine or tea, or bodily excess of any kind. Abuse of the sexual functions, especially self-abuse, so unhappily common among boys, is a prolific source of indigestion. Tobacco, unsanitary houses, poisonous wall-paper, anxiety and worry, are accountable for many cases of the disease.

Diagnosis.—Ulcer of the stomach and cancer of the stomach both give rise to symptoms of indigestion; but are attended with more violent pain and more

persistent vomiting ; and there is generally vomiting of quantities of blood. In cases of cancer, if advanced, a hardened mass may be felt about the region of the pit of the stomach. Ulcer of the stomach is most frequently met with in young women who are anæmic, and also in persons who have sustained severe burns.

General Treatment.—This may be summed up very shortly—wholesome feeding and wholesome manner of life. For the first, the article on **DIET** may be referred to ; for the second, every one must do the best he can. There are many avoidable causes of dyspepsia, such as bad habits, which all may conquer if they will. Some are dependent for their livelihood on injurious trades ; these will have to make the best they can of their situation, taking such care as they can, and living healthily when not actually at work. Dyspeptics should avoid all food that has been preserved, cold meat, meat cooked a second time, salted, pickled food, cakes, fruit pies, acids. For drink, cold water or toast-water, or weak China tea freshly made, with plenty of milk. If this disagrees, scalded milk (milk with boiling water poured into it in equal proportions). Cocoa or chocolate is admirable if it can be digested.

Medicines.—(Three or four times a day.)

Nux vom. 3.—Dyspepsia from dissipation and late hours. When the tongue coated brown at the back, mouth dry, heartburn, flat taste in the mouth, constipation.

Puls. 3.—When different kinds of food that do not agree with each other have been taken at the same time ; after fat food, pork, sausage, or fat mutton, or anything fried in rancid butter, or pastry. Taste bitter, salt or putrid ; food tastes bitter ; distaste for tobacco. Accumulation of mucus in the mouth ; scalding in the

throat; eructations tasting of bile; a feeling of acidity or acridness in the stomach; aversion to warm food; no thirst; diarrhœa.

Bry. 3.—Stomach disordered; patient feels chilly; bowels constipated; tongue white or yellow; weight at the stomach as a load after meals.

Carb. v. 6.—Everything turns to wind; much pain in the chest; eructations; coldness; blueness; slow circulation.

Lycop. 6.—Distension after food; white moist tongue; flatulence in the bowels; constipation.

Hydrast. 3.—Yellow, slimy tongue; "gone" sensation at the stomach; constipation, or constipation alternating with diarrhœa.

Sulph. 6.—Tedious cases of dyspepsia. This medicine should be given in infrequent doses. After the first, wait until improvement ceases before repeating.

Thuja 6.—When there is much flatulence, constipation irritability. In tea-drinkers and those who have been injured by vaccination.

EARS.—The organ of hearing consists of three well-defined portions—the *Outer*, visible ear with the tube leading from it into the head. At the end of this passage is the drum-head, or as it is shortly but less correctly called, the "drum" of the ear. This name should be properly given to the entire chamber behind the drum-head, the "tympanic cavity," as it is called, or the *Middle Ear.* Another tube (Eustachian) leads into this from the throat, and when the throat is inflamed this is liable to be blocked and to give rise to "throat deafness." Behind the middle ear are two chambers which constitute the *Inner Ear*, containing the expansions of the auditory nerve, the organ of hearing proper. These innermost chambers are shut

off from the middle ear by small membranes closing the openings into them, and are connected with the outer ear by a chain of small bones connected with the tympanic membrane on the one side and these membranes on the other. Any one of these portions of the ear may become affected, and result in deafness ; and, on the other hand, a great change may take place in the outer or middle ear and yet hearing need not be lost. In a treatise of this kind only the commoner of the ear-affections need be touched upon ; for the graver kinds medical help will be sought.

External Ear.—Sometimes the external ear and the passage leading from it to the middle ear or drum become inflamed and swollen. The commonest form of this is the formation of pimples in the passage, which give rise to intense pain.

General Treatment.—For general inflammation of this visible part of the ear (pinna) there is little to be done in the way of local treatment. When it affects the passage, an elm-bark poultice, or else a slender piece of fat ham inserted into the ear, will be found to give relief. Warm applications generally are good.

Medicines.—(Every hour until relief is obtained, then less often.)

Bell. 3.—Erysipelatous inflammation of the ear.

Rhus 3.—When the inflammation goes on to form vesicles, or is eczematous.

Graph. 6.—Inflammation behind the ear, especially if it exudes a sticky secretion.

Hep. 6.—Painful boils or pimples in the canal.

Foreign Bodies, or Insects in the Ear.—If an insect has crawled into the ear, place the patient on his side, and pour into the ear warm olive oil until the canal is filled. The insect will float on the top

of it, and may be lifted off. When a bead, pea, cherrystone, or some such object has been forced into the ear, it is of the greatest importance to have it seen to at once before inflammation has set in. A surgeon must be consulted without delay, and if there is not one to be had the greatest care and gentleness must be used in the endeavour to extract the body. This may be done by syringing with warm water if the stream can be made to pass beyond the object. Or it may be done by means of a pair of fine forceps. Or a hair-pin may be used. The free ends being stuck in a cork, while the bent end may be passed into the ear so as to get behind the object, which may then be drawn out. But no one who has not a steady or a skilful hand should attempt to do this operation, as much harm may result.

Medicines.—(Every hour or two according to urgency.)

Arn. 3.—If pain and inflammation remain after extraction.

Puls. 3.—After *Arnica.* If the inflammation is great and there is so much swelling that nothing can be got out.

Bell. 3.—If there is pain, fever, and delirium.

Discharge.—An ear discharge may originate in the canal of the ear, or in the middle ear or drum. It is usually the latter. A discharge is an affection which may be of very little consequence, but also it may be of very great consequence, and should therefore never be neglected. It is of most frequent occurrence in children. The graver forms of ear discharge originate in inflammation of the Middle Ear, with consequent rupture of the drum: *see* **Middle Ear.** When the discharge is established and there is no sign of active inflammation left, the chief indications are

to keep the ear clean, to moderate the quantity of the discharge, and when it cannot be arrested to improve its quality. It is not always desirable to arrest a discharge from the ears altogether; and it may console some sufferers to know that deafness with an ear discharge is more likely to be cured than deafness with a dry ear.

General Treatment.—The ear must be kept clean by washing out very gently with a syringe. Warm water containing a little borax (half a teaspoonful to a teacupful) is the best wash to use. Care must be taken to use no violence at all, but just enough force to send the water into the canal in a continuous stream. After the washing a little cotton-wool should be placed lightly in the orifice to protect from cold.

Medicines.—(Two or three times a day.)

Puls. 3.—After measles and after small-pox. For swelling of the neck-glands after suppression of discharge.

Bell. 3.—After scarlatina, when accompanied by severe headache.

Merc. 6.—After scarlatina, following *Bell.*; discharge offensive, purulent, long lasting; worse when warm in bed.

Hepar 6.—In cases similar to those of *Merc.*, when mercury has been given already.

Sulph. 6.—After measles, following *Puls.*

Ear-wax.—Drop warm oil into the ear for several successive nights and then syringe gently with warm water. This will remove the wax without difficulty.

Middle Ear.—Inflammation of the tympanic cavity is a common sequel to measles, scarlatina, influenza and occasionally to severe cold, and it commonly ends in suppuration and discharge by rupture of the drum-

head. This is a membrane which readily heals, but when healing if prevented by any cause there results a chronic discharge. Sometimes the air-cells in the bony prominence immediately behind the ear become inflamed, and then there is risk of the disease spreading to the brain and causing abscess there.

General Treatment.—The patient must be kept as quiet as possible on light diet, and the ear kept warm. A poultice of slippery-elm bark is the best application, but any warm application is good. The pain is usually great.

Medicines.—(Every hour until relief, then at longer intervals.)

Acon. 3.—Fever, restlessness, anxiety; as soon as the chill is taken.

Puls. 3.—After *Aconite;* great pain.

Bell. 3.—Pain in the ear; throbbing headache; flushed face: delirium; hot skin.

Merc. 3.—After the acute stage.

Noises in the Ears.—These may be due to affection of the internal ear, auditory nerve expansion, or to affections of the middle ear and its chain of bones. It is generally amenable to treatment.

Nux vom. 3.—From cold; worse in the morning.

Puls. 3.—Worse in the evening.

Merc. 3.—In persons who perspire much; worse in the night.

China 3.—Buzzing, hissing, singing.

Sulph. 6.—When the least noise (external) is intolerable.

See also **DEAFNESS.**

EARACHE.—Sometimes the ears are the seat of pain of a neuralgic character and independent of inflammation. Often, however, it is dependent on a slight cause,

as congestion from cold, and care should always be taken to ascertain that no inflammation is present. The history will be of assistance here; those who have had earache previously will recognize it by their own sensations. Whenever the pain persists or is accompanied by fever symptoms, inflammation is almost certainly present, and medical aid should be sought.

General Treatment.—The chief thing to be done is to keep the patient warm. The same local measures as directed above, under **Middle Ear**, may be adopted.

Medicines.—(Every half-hour until relief is obtained.)

Acon. 3.—When it follows a chill.

Puls. 3.—Jerking, tearing pains, as if something would be pressed out. External ear hot and swollen, the pain going through the whole side of the face. Especially suited for blonde persons, inclined to tears.

Merc. 6.—Especially in children; sweating without relief; tearing extending to the cheeks; pricking deeply, at the same time tearing, pressing, burning pain.

Sulph. 6.—If the pain returns frequently; is on the left side; aggravated in the evening or before midnight. After *Merc.*

Cham. 6.—Simple acute stabbing pains; patient very cross; pains intolerable; aggravation by warmth.

Rhus 3.—Earache from getting wet or from suppressed perspiration.

Plantago θ.—A few drops on cotton-wool inserted into the ear will often give relief.

ECZEMA.—Eczema is a disease of the skin characterized by the formation of minute watery vesicles which soon break and leave a raw, moist surface. Eczema is one of the commonest of skin diseases, and many

persons are subject to it periodically, especially in the spring and autumn. It is often an indication of the state of the general health, and sometimes it acts as a relief to the internal organs. Many patients watch for the appearance of their eczema, as they know they will feel better when it comes. All attempts, therefore, to heal the eruptions without attention to the general health should be carefully avoided. The disease should be healed from within, or something worse will take its place. Eczema is one of the commonest expressions of the chronic disease called by Hahnemann *Psora.*

General Treatment.—In acute eczema it is advisable to put the patient on an absolute milk diet, no other food of any kind being given. In all cases, the diet should be regulated, and milk should form a principal part of it. Sugar is bad for the disease, and all rich food. Meat should be taken sparingly; green vegetables are good.

Medicines.—(Two or three times a day.)

Rhus 3.—Acute eczema. (*Rhus* is apt to aggravate the disease before curing it: if this should occur, wait until the action of the first dose has ceased before repeating it. If after the aggravation has passed improvement sets in, do not repeat the dose until the improvement ceases.)

Sulph. 6.—Irritation coming on when warm in bed at night.

Arsen. 3.—Much redness of the skin, the patient is irritable and anxious.

Graph. 6.—When there is glutinous exudation.

Merc. 6.—Weeping eczema; in the bend of elbows and knees.

Hepar 6.—After *Merc.;* in pustular cases; sensitive subjects who must be covered up and kept warm; rash worse in cold wind.

ECZEMA CAPITIS. *See under* **INFANTS; Milk Crust.**

EMACIATION, ATROPHY, OR WASTING. — Many diseases, acute and chronic, cause wasting of the bodily tissues, but sometimes this cannot be traced to any definite cause and then it becomes itself a disease.

Diagnosis.—Great and increasing thinness, in the absence of any discoverable cause; the diagnosis is arrived at by ascertaining that all the organs of nutrition are in good order and that the emaciation does not depend on any organic defect.

General Treatment.—As a matter of course the most nourishing and digestible diet will be selected. When the disease affects children they should be rubbed all over at night with cod-liver oil or pure olive oil, sleeping in a flannel night-dress, the skin being washed with tepid water, without soap, in the morning.

Medicines.—(Three times a day.)

Iodine 3.—In general.

Arsen. 3.—When there is fever, anxiety, restlessness.

Silic. 6.—With great prostration and irritability. In rickety children.

Lycop. 6.—In constipated subjects, who suffer from flatulence and acidity.

EPILEPSY. *See* **CONVULSIONS.**

ERUCTATIONS.—Belching up of food, fluid, or of gas formed in consequence of imperfect digestion of food in the stomach.

General Treatment.—*See under* **DYSPEPSIA** and **DIET.** Those who pass offensive flatus should not eat eggs.

Medicines.—(Three times a day.)

Ipec. 3.—Rising of food from disordered stomach; tongue coated.

Ant. tart. 6.—Rising of food, with clean tongue.

Puls. 3.—Eructation of food from overloading the stomach, attended with bitter taste; burning sensation remaining in throat after vomiting.

Carb. veg. 6.—Great accumulation of gas; often offensive.

Lycop. 6.—Collection of wind under the left ribs; difficult to dislodge; constipation.

Cham. 6.—Belching and flatulence; "windy spasms;" irritability. (In these cases *Cham.* sometimes acts better if given in hot water.)

Sulph. 6.—Acidity, belching, sinking sensation at stomach.

See also **DYSPEPSIA.**

ERUPTIONS.—Many diseases manifest themselves in inflammatory affections of the skin. Certain fevers, such as typhus, measles, scarlatina, small-pox, have some of their most characteristic features in the peculiar inflammations they cause in the skin. These are examples of acute diseases. But chronic diseases or disease-possibilities or tendencies ("diatheses" as they are technically called) also manifest themselves in appearances on the skin. The gouty, the scrofulous, the rheumatic constitutions often declare themselves in eruptions on the skin, and the patients are frequently better in general health when these eruptions are out. The skin may be affected locally as well as constitutionally, but care should be taken to treat patients constitutionally, and not locally, when the disease is constitutional. Of eruptions the commonest are **ACNE** or **PIMPLES, ECZEMA, ERYSIPELAS, ERYTHEMA, NETTLE-RASH, SHINGLES** or

"moist tetter," **PSORIASIS** or "dry tetter," and the treatment of each of these will be found under its proper heading.

ERYSIPELAS.—Acute, spreading inflammation of the skin, due to blood-poisoning; often originating in a small wound or sore. It sometimes goes on to the formation of matter or blebs. It is attended with much burning heat, and the digestion is disordered, the tongue being loaded.

Erysipelas generally comes on with a shivering fit and symptoms of indigestion. In this stage it cannot be distinguished from many fevers and acute inflammations, but very soon the rash appears, generally at some part where there is a slight abrasion, often on the face and near the nose. The eruption has sharply defined borders, is red, raised, and at times has blisters, and tends to spread. It is often accompanied with great pain, a splitting, throbbing headache, nausea and vomiting. Often the face is swollen out of all recognisable proportions. It may attack the throat. It often follows surgical operations. Persons of all ages are liable to it. Erysipelas may become chronic, and it almost always leaves behind it a tendency to recur.

Diagnosis.—When the rash is out, erysipelas cannot easily be mistaken for anything else. Abscess near a tooth with swelled face is something like it, but the swollen gum will reveal its true nature. Erythema is less intense, the eruption is in spots and not continuous, and there is much less constitutional disturbance.

General Treatment.—The patient must be kept on fever diet, all solid food being forbidden; and the part must be kept from the air by dusting with flour.

Medicines.—(Every hour, or less often, according to urgency.)

Bell.—Smooth erysipelas ; heat, redness, burning, swelling ; headache ; hot, dry skin ; restlessness ; delirium.

Rhus 3.—If blisters form ; generally commences on right side and goes to left ; patient is restless.

Apis 3.—Burning and stinging pain ; much swelling ; patients do not like to be touched ; are ill-humoured ; cannot bear warm room. (Not to be given before or after *Rhus*.)

Arsen. 3.—When there is great prostration ; tendency to gangrene.

Hepar 3.—When there is suppuration.

Sulph. 3.—Chronic and recurring erysipelas.

ERYTHEMA.—A diffuse redness and inflammation of the skin, not due to blood-poisoning, like erysipelas, and not tending to formation of pus.

It is sometimes accompanied by fever, and sometimes it is in raised spots (*Erythema nodosum*).

Erythema may appear on any part of the body, the favourite site for the nodose variety being the legs, and especially the front aspect of them. For the **Diagnosis** between erythema and erysipelas, *see* **ERYSIPELAS.**

General Treatment.—Rest and light diet.

Medicines.—(Every hour or two.)

Bell. 3.—In almost all simple cases.

Rhus 3.—Great restlessness, patient cannot bear to be still.

Apis 3.—When there is much swelling (not immediately after or before *Rhus*).

Arnica 3.—If the eruption is dusky, or if there is a burning sensation in the parts, and the patient fears to be touched.

EXCESSES.—No person can indulge his appetites beyond moderation without suffering the consequences in mind or body. The appetites are not to be indulged as if their indulgence were an object in itself, but for ulterior ends, as the nourishment of the body. Nothing can be more pernicious than the belief too commonly held that occasional excesses are good for the body ; a belief, unhappily, sometimes supported by physicians who ought to know better. The strength and sanity both of mind and body depend on the virtues of temperance and chastity. Young men cannot have this truth too strongly impressed upon them, for it is in the period of youth that the seeds of much after-trouble are sown. The treatment of one of the chief kinds of excess—**DRUNKENNESS**—is considered under that head. Of equal, if not of greater moment, is the abuse of the organs of generation. This is often begun in childhood, from no fault of the child's, but in consequence of an irritation in the lower parts. Sometimes it is due to worms. Sometimes to difficulty in making water in boys, owing to a narrow orifice. The treatment for this is circumcision. Much more often it is due to a habit learned at school. One evil-minded boy or girl is capable of corrupting numbers of others. Once acquired the habit is very difficult to overcome. The symptoms are manifold. Aches and pains in various parts ; very obstinate indigestion, with constipation generally ; loss of courage, manliness and straightforwardness. Those addicted to this habit can seldom look straight into another's face. Excesses of adults, married or unmarried, are no less injurious.

General Treatment.—The first thing of course is to do away with the habit, and this is largely a moral

question, though medicines may do much to help the effort to overcome it. This done the effects remain. For these the best general treatment is a regular, wholesome life : early rising, morning cold bath, plain food, and open-air exercise. When indigestion results, for treatment *see under* **DYSPEPSIA**.

Medicines.—(Three or four times a day.)

China 3.—The chief remedy.

Nux vom. 3.—Spare subjects ; great depression ; constipation.

Sulph. 6.—Heat and chills ; hot head, and cold feet and hands ; generally sinking sensation at the pit of the stomach in the forenoon.

Calc. c. 6.—Chilly subjects, cold clammy feet ; apprehensive ; irritable.

Nat. m. 6.—Constipation ; chilly subjects ; depression.

EXCITEMENT, EFFECTS OF.—Great excitement is apt to cause disturbance of the circulation and feverishness. Rest and quiet should be enjoined when possible.

Medicines.—(Every few minutes until relieved.)

Acon. 3.—Feverishness ; restlessness ; sleeplessness.

Bell. 3.—Headache ; flushed face.

Coffea 3.—Sleeplessness.

Cham. 6.—Bilious derangement.

EXCORIATION (CHAFING).—In children some parts of the skin, especially between the legs, are apt to become raw. This is a skin affection, and is not a consequence of washing.

General Treatment.—Use no soap. Wash the child in plain warm water. Rain water is the best, and if this is not obtainable, boiled water should be used. Do not *rub* the parts, but *mop* them dry with very soft cambric.

Medicines.—(Three times a day.)
Cham. 6.—This will suffice to cure in most cases.
Lycop. 6.—After *Cham.*, sandy red urine ; constipation ; flatulence.
Sulph. 6.—Irritation, worse at night ; cold feet, hot head, acidity.

EXERCISE.—The importance of regular exercise in the open air, if possible, cannot be too strongly insisted upon. Walking, riding, cycling, and out-door games are all excellent, and time should be found for one or other of them. In addition to these—and instead of them when the others are not possible—exercises in the dressing-room, with an open window, consisting of arm-, leg-, and body-movements combined with deep breathing are a valuable means of preserving the bodily efficiency. These exercises may be followed by a plunge into a tepid bath in winter and a cold bath in summer with a brisk towelling for a finish.

There are some points in reference to exercise which should be borne in mind. To benefit by exercises the person should be fresh when these are practised. This is why the morning—after the night's rest—is the best time for the practise of them. To start on physical exercises when exhausted in mind or body is worse than useless. The idea that a "walk in the open air" must do everybody good is a pernicious error.

Further : it is quite possible to overdo exercising. To carry exercise to the point of fatigue, and to test endurance to its utmost may bring on a state of debility which is never recovered from. Excessive training and excessive indulgence in athletics are quite as bad if not worse than no exercise at all.

But in moderation and with due regard to time and circumstance, regular exercise is an excellent means of keeping up the bodily efficiency.

EXHAUSTION.—This is apt to follow great exertion, fatigue, or over-heating. For the effects of mental exertion, *see* **BRAIN-FAG.**

General Treatment.—For exhaustion from over-heating, *see* **SUNSTROKE.** When it is due to fatigue a cup of tea or a Turkish bath (failing that a hot bath) are the best restoratives.

Medicines.—(Every half-hour until relieved.)

Arn. 3.—If there is a general bruised feeling.

Arsen. 3.—Prostration.

Acon. 3.—Feverish symptoms; hot skin; rapid pulse; restlessness.

EYELIDS.—The four principal affections of the lids are styes, concretions, inflammation of the margins, and inflammation of the inner surfaces.

Styes are best treated by *medicines* alone, given every few hours.

Puls. 3.—At the beginning.

Staph. 3.—After *Puls.* if inflammation continues and pain is severe.

Hepar 6.—When suppuration occurs.

Calc. c. 6.—When hard concretions are left behind.

Inflammation of the Margins.—This condition produces an unsightly redness of the margins of the eyelids, and is sometimes attended with great irritation and turning-in of the eyelashes.

General Treatment.—Local applications are for the most part injurious. A little vaseline may be applied to the lids at night to prevent the lids sticking together, and the eyes may be bathed with warm milk.

Medicines.—(Three times a day.)
Sulph. 6.—When the lids are very red.
Calc. c. 6.—After *Sulph.* if required.

Inflammation of the Inner Surfaces.—This may be *acute*, when it is associated with general inflammation of the eye surface (*conjunctivitis*—the membrane covering the eye and lining the lids being called the *conjunctiva*), or it may be *chronic* (the condition known as *granular lids*) which is a consequence of repeated acute attacks.

General Treatment.—Bathing with hot water and anointing the margins of the lids with vaseline at night are the simplest and safest local measures to adopt.

Medicines.
Acon. 3.—Red, hard swelling, with burning heat and dryness.
Apis. 3.—Eyelids much swollen.
Sulph. 6.—Violent burning ; mucus and matter exude.
Arsen. 3.—Eyelids very painful ; eyes can scarcely be opened.
Rhus 3.—Lids closed as if by spasm.

EYES.—The only diseases of the eye which can be dealt with domestically are inflammation of the surface membrane (conjunctiva) which covers the eyeball and also the internal surface of the lids. The latter has been dealt with under **EYELIDS.** "Inflammation of the eye," popularly understood, includes two main kinds, acute and chronic, the chronic being often due to scrofula.

General Treatment.—The chief thing to be observed is cleanliness. Many cases of chronic inflammation of the eyes are due to the want of this. Frequent bathing with hot water is useful in almost all cases.

Inflammation of the eyes in new-born children is a very serious thing and demands immediate attention from the doctor and nurse. For this *see under* **INFANTS.** When foreign bodies have got into the eye care must be taken not to rub it. For ordinary dust the best thing to do is to wash the eye with water. Immersing the eye in a vessel containing cold water and opening and shutting the lids will get rid of it. If it is lime it should be washed with vinegar and water, and afterwards bathed with olive oil. If it is a particle of iron it will have to be removed by a surgeon.

Medicines.—(In acute inflammations every hour until relieved; in chronic cases two or three times a day.)

Acon. 3.—Acute inflammation of the eye from cold, or from injury.

Bell. 3.—When the eyes are quite dry and much affected by light; face red.

Puls. 3.—Abundance of tears during the day; whitish profuse bland discharge. In scrofulous children at the beginning.

Merc. 6.—Profuse excoriating flow of tears, and thin acrid matter; pains in eyes worse at night; scrofulous inflammation when the pains are worse from either heat or cold.

Sulph. 6.—In acute inflammation after *Acon.* In chronic scrofulous inflammation, eyelids almost closed; light very painful; is blind during the day, and can only see a little during twilight.

Calc. 6.—Film on the clear part of the eye remaining after inflammation.

Hepar 6.—Eyelids and eyes red and sore, lids close spasmodically; light intolerable in the evening;

pimples about the eye ; eyes worse in cold and dry weather ; better when wrapped up warmly.
See also **BLINDNESS.**

FACE.—The face may become spotty and the complexion unhealthy from a variety of causes. Gout is answerable for some cases, and scrofula for others. Unwholesome occupations, and want of attention to ordinary rules of healthy living. The period of adolescence is often marked by an eruption of pimples.

General Treatment.—When the spots depend on some chronic disorder like gout, constitutional treatment will be required. Plain regular living and plenty of open-air exercise are the best remedies in general. The worst thing that can be done (after cosmetics) is to take "tonics" and "blood-purifying" mixtures indiscriminately. The use of face powder of all kinds is injurious. When the skin of the face is tender no soap of any kind should be used to it. Plain water is generally enough, and if anything more is desired, Fuller's-earth is the best.

Medicines.—(Three or four times a day.)
Arsen. 3.—Scurfy eruptions around the mouth.
Kali c. 6.—Blotches and roughness of the skin produced by cold winds.
Nat. m. 6.—Earthy complexion, unhealthy-looking; patients who are generally chilly and of a constipated habit.
Sep. 6.—"Liver-spots."
See also **ACNE.**

FACEACHE.—By this term is meant neuralgia of the face, which is frequently dependent on bad teeth. When that is the case, the treatment for **TOOTHACHE**

must be adopted. When faceache is independent of any affection of the teeth, the following remedies will be found successful.

Medicines.—(Every hour until relieved.)

Acon. 6.—Heat and redness of the face ; agitation ; restlessness.

Bell. 6.—Pains suddenly appearing and suddenly disappearing. More violent under the eye, and affecting cheekbones, nose, jaws ; convulsive twitches and jerks. Right side generally affected.

Arsen. 3.—Attacks periodic ; burning pains ; anguish and restlessness ; prostration ; pains relieved by heat ; debilitated persons.

Spig. 3.—Violent jerking, tearing, burning pains, worse from touch, motion, or noise. Left side most affected.

FAINTING.—The significance of fainting depends altogether on the patient in whom it occurs, and the cause which induces it. If it occurs suddenly in a patient who is not specially nervous, and from no apparent cause, it may indicate grave disease, which will need the attention of a medical man. If a patient is known to faint easily on slight provocation, an attack is much less serious.

General Treatment.—The best thing for bystanders to do when a patient faints, is to retain their self-possession. There is very little necessary to be done. Place the patient flat on the floor and loosen any articles that may be tight about the neck and chest ; a little cold water may be sprinkled on the forehead. When the cause is known, the proper remedy may be selected and a few drops placed between the teeth.

Medicines.—(Every few minutes until reaction occurs ; or two or three times a day to correct the tendency.)

Acon. 3.—From fear or pain.
Coffea 3.—From excessive joy.
Opium 3.—From fright, reproach, violent scolding, taking offence.
China 3.—From loss of blood.
Ignat. 3.—After sudden emotions.
Verat. 3.—After violent pain, driving the patient to distraction ; cold sweat on forehead.

FALLS.—The chief effects of falls are shock, bruises, sprains and fractures. When bones are broken skilled aid must be called in. For **BRUISES** and **SPRAINS** consult the articles under those headings.

FATIGUE. *See* **EXHAUSTION.**

FEAR AND FRIGHT.—The consequences of fear and sudden fright are often most serious, and the senseless practice of practical joking cannot be too strongly condemned. Diarrhœa, fever, convulsions, and even mental derangement are frequently met with as consequences of fright.
Medicines.—(Every half-hour, or according to urgency.)
Acon. 3.—Fright with vexation ; difficult breathing, and violent pains in the pit of stomach.
Opium 3.—Immediately after fright ; if still fearful ; faintness ; twitching of limbs ; involuntary passage of water with stool ; fits ; perspiration and red face.
Bell. 3.—Great agitation remaining after fits (after *Opium*) ; derangement of mind ; blood rushes to the head ; face red, burning hot ; patient cannot bear anything about the neck ; sleepless ; raving mad ; would run away ; fears imaginary things.
Ignat. 3.—Fainting fits, if the patient becomes very

pale ; twitching of the limbs ; stiffness of the back ; if the fright is followed by sadness or grief.

Puls. 3.—Diarrhœa.

Verat. 3.—Involuntary evacuations, patient cold and trembling ; fear of special things.

Stram. 3.—Children fear to go to bed in the evening ; fear of the dark.

Arsen. 3.—Fear of being alone.

Puls. 3.—Afraid of people.

FEET : **Sore.**—When the feet become sore from walking, if they are much blistered, bathe them with hot water in which a few drops of the strong tincture of *Arnica* have been mixed. *Arnica* 3 should be taken internally. When there are blisters they should be kept unbroken as long as possible. If it is impossible to rest, apply some simple grease, such as suet or lard, to cover the part, and when the patient can rest he should apply a wet cloth, and take *Cepa* 3.

——**Cold.**—The best remedy for cold feet is exercise. But when the condition is constitutional no amount of exercise will keep them warm when not in action.

Medicines.

Carb. v. 6.—Blueness and tendency to chilblains.

Secale 6.—Numbness and cramps along with the coldness.

Nat. m. 6.—In chilly subjects ; constipation.

Calc. c. 6—Cold, clammy feet ; always feel as if stockings were damp.

Sulph. 6.—Cold feet and hot head.

——**Perspiration of.**—This is a very troublesome affection, but it should never be suppressed by external means, as this will be certainly followed by something much worse. It is a constitutional affection and demands constitutional remedies.

General Treatment.—The best thing the patient can do is to lay in a large supply of hose, which should be changed once or twice a day, the feet being washed in plain warm water, to which a little Condy's fluid may be added, if there is any offensive odour, every evening. Loofah soles worn inside the boots are very useful.

Medicines.—(Two or three times a day).

Sulph. 6.—At the commencement. *Sulph.* may be sufficient to cure the case, or it may be required after others have been given for a time.

Silic. 6.—After *Sulphur*. The perspiration is fetid.

Petrol. 6.—Perspiration with tenderness of the feet.

Calc. 6.—Cold, clammy perspiration.

FELON. *See* **WHITLOW.**

FESTER, Tendency of Slight Wounds to.—When wounds refuse to heal, and when slight injuries always suppurate, give *Hepar* 6 two or three times a day.

FETID BREATH. *See* **BREATH.**

FEVER.—The normal temperature of the body is 98.4° of the Fahrenheit scale. When it rises above this there is fever. Slight fluctuations are not of any great consequence, but if it rises above 100° there is cause for a certain amount of anxiety to ascertain the cause and when above 104° there is ground for alarm. It is not often that patients recover after the temperature has registered 106°.

Fever may be due to many causes. It may be *simple fever* and due to cold, disordered stomach, or mental emotions. The infectious fevers are due to blood-poisoning, the poison being the contagious principle of the fever. Ague and malarial fevers arise from poisoning with marsh miasm. Inflammations of all

kinds are attended with more or less fever, but in this case the fever is only symptomatic. The specific fevers will be dealt with under their own headings. I only speak here of Simple Fever.

Simple Fever.—This may be the result of a chill, of overloading the stomach, or of fright. The temperature seldom rises very high. There may be headache, restlessness, nausea, vomiting, and diarrhœa.

General Treatment.—The patient must be kept quiet and have plenty of water to drink. The diet must be of the lightest. No solid food must be given, and when it is the result of overloading the stomach no food at all, only water sufficient to allay thirst, for a day or two until the stomach is right.

Medicines.—(Every hour or two.)

Acon. 3.—Most cases of simple fever, especially following a chill or fright. Heat, restlessness, thirst, anxiety, are the leading indications.

Bell. 3.—Flushed face; dry mouth and throat; headache.

Bry. 3.—Fever with disordered stomach, white tongue, bitter taste in mouth, vomiting.

Bapt. 3.—Bilious fever; loaded tongue; heavy dull appearance; diarrhœa.

FITS. *See* **CONVULSIONS.**

FLATULENCY.—(For stomach flatulence, which finds relief in eructations, *see* **ERUCTATIONS.**)—Gas may accumulate in the intestines from decomposition of the food which is improperly acted on by the digestive juices. This is especially the case when improper articles of food are taken, or foods that do not agree well with each other. With some patients it does not matter what kind of food they take, the same thing

results. Sometimes it almost seems as if the mucous membrane of the intestines secreted air, the accumulation is so great.

General Treatment.—When it can be clearly traced to errors of diet, these should be rectified or avoided. Eggs, green vegetables, potatoes, peas, and all kinds of pulse are decidedly flatulent in their tendency, and should be avoided or only taken in great moderation. Cold meat will often produce flatulence when hot meat will not. The sour-milk dietary is often of use in these cases. The Lactabacillin Tablets of Metchnikoff, taken with a little sweetened milk after meals, are a convenient form of introducing the bacilli into the intestines when sour milk cannot be obtained.

Medicines.—(Every hour when the condition is troublesome. Two or three times a day when taken as a course.)

Cham. 6.—Swelling of the body, pinching about the navel, passage of offensive flatus without relief.

Puls. 3.—After eating fat or rich food. Wind rolls about the body.

Nux vom. 3.—From indigestible food; in choleric persons.

Lycop. 6.—Much rumbling in the body; tightness after meals; thick, sandy urine.

Sulph. 6.—In chronic cases; acidity; fainty spells; sinking at the pit of the stomach in the forenoon.

FLOODING AFTER LABOUR. *See* **CHILD-BIRTH.**

FRACTURES.—When an accident has resulted in the breaking of a bone, it will be necessary to consult a medical man if possible. But when no medical aid is at hand, it is well to know the best thing to be done. The bones most liable to fracture are the long bones

of the limbs, the ribs, and the skull. Fracture of the skull can only be dealt with by skilled persons. Until skilled help can be obtained, the patient must be kept perfectly quiet, and the wound, if there is one, kept clean. When a long bone of a limb is broken, there are two things to be done : first, to bring the broken ends of the bone properly together (or, in other words, to get the limb into its natural position and shape), and, secondly, to keep it there until the bones are strongly united. If, as sometimes happens, there is no displacement of the broken ends of the bones, the second indication is all that remains to fulfil. When there is displacement of the broken ends, strong traction must be made at the two extremities of the limb to overcome the action of the muscles, until the broken ends, which generally slip beside one another, are brought to a level ; then, by a little manipulation, they can be brought together, the traction being kept up until this is effected. This done there remains to put on the splints, which are really temporary external bones applied to do the duty of the internal bone until it is able to do it itself. Splints may be made of wood or any firm material that may be at hand. They should be carefully padded to the shape of the limb, and should not press unduly on any bony prominence. They may be fixed, in the first instance, by strips of adhesive plaster, and over this a roller bandage. If the fracture is what is called "compound" (*i.e.*, if there is an external wound as well), an opening must be left to allow of the wound being dressed without removing the splints. Many fractures are firmly united in from four to six weeks. The only kind of fracture that can be more particularly dealt with here is fracture of a rib. The ribs on each side of the broken one act in

a measure as splints, but additional support can be given by strapping the side of the chest affected with long and broad strips of adhesive plaster. They should be fixed firmly near the spinal column, and brought round in a forward and upward direction. The lower ones should be placed on the chest first, and should be made to come a few inches below the break, gradually approaching the spot ; the upper ones should cover the spot where the break is, and a little space above. Over the strapping a broad flannel roller may be placed to give further support. The patient must be kept at rest, lying down, and encouraged to breathe with the diaphragm and abdominal muscles (abdominal breathing, as it is called). A light dietary is necessary in cases of fracture when the patient is unable to take exercise.

Medicines.—(Every hour or two.)

Acon. 3.—Immediately after the accident, if the patient is weak or faint.

Arn. 3.—After *Aconite,* or at first if there is no faintness or symptom of collapse. Much bruising.

Cham. 6.—If the pain is unbearable, and nervous symptoms supervene.

Hypericum 3.—After *Cham.*, if that does not suffice. In cases where nervous tissues are much involved.

Calc. phos. 6.—If the bone fails to unite.

FRIGHT. *See* **FEAR.**

FROG. *See* **THRUSH.**

FROST-BITE. *See* **CHILBLAINS.**

GALL-STONES.—These are hard concretions formed from the bile and found in the gall-bladder. They vary in size from that of a small pea to that of a bean. They may cause no trouble, and are often found after

death in patients who have never felt inconvenience from them. But sometimes they cause excruciating pain in their passage from the gall-bladder by the bile-duct into the intestines.

Diagnosis.—The pain of passing gall-stones (biliary colic, as it is called) must be distinguished from other kinds of pain in the body. It differs from inflammatory affections by the absence of fever in the first instance, and of any history of chill. It comes on suddenly, and remains limited to a small area, just below the free ribs on the right side ; and is generally accompanied by symptoms of liver derangement, as jaundice or white stools. The discovery of gall-stones in the motions when an attack is over settles the diagnosis, and when a patient has had one attack there is no difficulty in diagnosing those that follow.

General Treatment.—The usual method of treating attacks of biliary colic, is to give the patient opium, and so dull the pain until the stone has passed. But homœopathy offers a much better mode of treatment, not only for the actual attack but also for the condition.

Medical Treatment.

Calc. c. 30.—Mix ten drops in half a tumbler of water, and let a teaspoonful of this be taken every five minutes during an attack, until the pain abates. When the attack is over, let the patient take one drop of the medicine night and morning for a month.

Chin. 6.—In the same way, should *Calc. c.* not succeed.

GANGLION.—A small swelling on the back of the wrist or hands, connected with the sheath of a tendon, and containing synovial fluid ("joint-oil") and sometimes seed-like bodies. They are sometimes attended with pain, but usually give more trouble by their unsightliness.

General Treatment.—The usual method of treating this affection is by crushing the swelling. The hand is placed on a table, and on the tumour a book: this is struck sharply, and the sac containing the fluid bursts. The fluid is then absorbed. This treatment is not always successful, for the swelling may re-form and inflammation may follow the operation. Another method is by puncturing and drawing off the fluid; but this should only be done under strict antiseptic precautions. Medicinal treatment is the best.

Medicine.

Benz. ac. 3x.—This should be taken persistently three times a day, and the lump painted with the tincture at bedtime.

Ruta 3.—If *Benz. ac.* fails.

Sulph. 6.—In person of sulphur type.

GATHERINGS.—*See* **ABSCESS, BREAST, WHITLOW.**

GERMAN MEASLES (ROTHELN).—This is an epidemic fever, which partakes of the character of both measles and scarlatina, but is quite distinct from both, and does not protect the patient who has once had it against either, but only against a future attack of itself. It is not such a severe disease as either measles or scarlatina, but it is just about as infectious. It has the same incubation period as measles. The fever sets in from ten to fourteen days after infection.

Diagnosis.—The disease begins with the symptoms of cold, like measles, but the sore-throat is more like that of scarlatina, and the glands in the neck are sooner affected than in either of the other two. The rash appears first on the face as in measles (not on the chest, as in scarlatina), and consists of bright red rounded spots, which soon run together. They are not grouped

in circular patches, as in measles. The rash does not remain as long, and fades from the upper part as it travels downwards. The fever is not as high, and may be all over in two or three days. It is apt to recur, however, and the rash to reappear with it. There is no peeling of the skin, such as follows scarlatina.

General Treatment.—The important thing is to be sure of the disease. It is not always easy to distinguish it from measles or scarlatina, and for the patient and the friends a mistake may have serious consequences. The patient must be isolated, the room cleared of all superabundant furniture and carpets, and well ventilated and warmed. The diet must be of the lightest — water, barley-water, toast-water, milk and beef-tea.

Medicines.—(Every hour or two.)

Bell. 3.—The most generally useful in the acute stage.

Merc. 6.—If the throat symptoms are urgent, and the glands remain swollen.

Sulph. 6.—When the fever has gone.

China 3.—When convalescence is established.

GIDDINESS OR VERTIGO.—Giddiness may be an affection of itself or it may be a symptom of some other disease, such as heart disease, apoplexy, and affections of the nerves of hearing. Those who have any tendency to these diseases should take warning when giddiness appears and seek medical aid; but when there is nothing of this accompanying it, giddiness, though troublesome and alarming, is not necessarily a dangerous disease. When there is fainting with the giddiness the article on **FAINTING** must be referred to for the treatment. Giddiness often appears in connection with affections of the stomach and digestion;

and it may be of this nature even when there are no active symptoms of indigestion present.

Diagnosis.—In order to distinguish giddiness that is purely functional—that is to say, not connected with disease of the brain, heart, or any of the organs—it is necessary to examine these organs and see that there are no other signs or symptoms present of their being diseased. Simple giddiness is not attended with the same constitutional weakness as giddiness from heart disease ; the giddiness which accompanies a slight apoplectic seizure is followed by transient weakness of one or other limb or part of the body. When giddiness follows a hearty meal it is always an alarming symptom.

General Treatment.—Attention must be paid to the general health ; late suppers, hot, crowded rooms, stimulants, and tobacco must be avoided. Habits of early rising and retiring, and open-air exercise should be cultivated.

Medicines.—(Every fifteen minutes during an attack until relieved ; three times a day as a preventive.)

Gels. 3.—Simple giddiness. A medicine of wide range.

Arn. 3.—When giddiness comes after a hearty meal.

Nux v. 3.—When due to disordered stomach ; with constipation ; in nervous, irritable subjects ; worse from close thinking ; from looking up.

Puls. 3.—After eating rich food ; worse from looking up ; when sitting.

Bell. 3.—With sparkling light before the eyes ; vertigo on turning over in bed ; on rising up from lying down ; after stooping.

Calc. c. 6.—On rising after sleeping ; after suppression of old ulcers.

Nat. m. 6.—Giddiness coming on when lying down ;

in unhealthy subjects who are always cold and suffer from constipation.

Sulph. 6.—After suppression of ulcers or eruptions; with bleeding at the nose.

Merc. 6.—Dizziness only in the evening; accompanied by dimmed sight.

Cocc. Ind. 3.—Giddiness like seasickness; when sitting upright in bed.

Chin. 3.—Giddiness with deafness, or roaring in the ears.

GLANDULAR SWELLINGS.—The lymphatic system of glands and canals constitutes one of the most important parts of the animal organism. They are important for the function they discharge in eliminating and transmuting the waste elements of the tissues, and observance of the condition of the glands is of very great value to the physician in diagnosing states of health and as an indication of treatment. The glands which come most prominently into notice are those situated in the neck, the arm-pits, and in the groins. Among the glands of this system are the thyroid gland, which has a special place and function of its own. Enlargement of this gland constitutes the disease known as **GOITRE**, which will be dealt with under that head. Diseases of the glands of the intestines, known as "mesenteric glands," since they are found in the mesenteric membrane which keeps the intestines in their place, constitutes a very serious disease, which is generally of a tubercular nature. Glands may become affected from accidental or constitutional causes; and persons who are constitutionally susceptible to gland affections (those, for example, who suffer from scrofula) are more liable to be influenced by the accidental causes than others. For instance, scarlatina very

frequently causes inflammation of the glands of the neck: in a non-scrofulous child the inflammation is more likely to subside without going on to abscess than in one who is scrofulous.

The swelling occurring in glands may be either acute or chronic. If it is acute it will probably go on to form an abscess (*see under* **ABSCESS**); if it is chronic it may remain hard and large for a long time and run into a chronic abscess or ulceration.

General Treatment.—For acute inflammation *see under* **ABSCESS.** When the swelling is chronic maintain the general health. Give cod-liver oil, and if not taken well internally, rub it in externally; in any case it is well to rub it into the parts where the swollen glands are. Rubbing the body with cod-liver oil is especially valuable in the case of ill-nourished infants.

Medicines.—(Three times a day.)

Bell. 3.—At the commencement, redness, swelling, and pain.

Baryta carb. 6.—After *Bell.* In scrofulous cases; hardness and swelling.

Hepar 6.—Suppuration impending; glands in the armpits affected.

Calc. c. 6.—In scrofulous cases; fat, pale, fair children, with hot and perspiring heads, and cold, clammy feet.

Sulph. 6.—When in connection with eruptions; patients worse at night in bed; sanguine temperament.

Arsen. 6.—In thin, weakly subjects; anxiety, restlessness, and thirst.

GOITRE or **DERBYSHIRE NECK.**—An enlargement of the thyroid gland which lies in front and at the side of the wind-pipe about midway between the "Adam's apple" and the top of the breast-bone. The appear-

ance is easily recognised and is sometimes called "Full-throat." The affection is commonly met with among the inhabitants of limestone mountain countries as the Derbyshire hills and the Dolomite mountains. In Switzerland the affection is accompanied with defects of mental development and the state is called *crétinism*. There is a variety of Goitre called "Exophthalmic" in which there is abnormal prominence of the eyes and violent action of the heart with hypertrophy.

General Treatment.—If possible a change of residence should be obtained; and if that is not possible means must be taken to avoid drinking the water of the district. A dry locality with plenty of sunshine is the best. Generous diet, including abundance of fresh milk and red meat, and warm clothing are necessary.

Medicines.—(Three and four times a day.)

Spongia 1.—In the majority of cases. In exophthalmic cases where there is much palpitation of the heart.

Calc. c. 6.—Scrofulous patients, chilly, cold, damp feet.

Bell. 3.—Acute cases, flushed face, headache.

Spigel. 3.—Exophthalmic goitre when *Spongia* is not sufficient. The special tissue-remedy *Thyroidin*, is often of great service, but this should only be used under medical advice.

GOUT.—Gout is a constitutional disease (allied to Hahnemann's "Sycosis" according to Burnett), which manifests itself in various ways, the most characteristic being what is termed "a fit of the gout," or inflammation of a joint, usually that of the great toe. In gouty persons there is a tendency to accumulation of uric acid in the blood in consequence of some fault in the digestive process. The tendency is a result of wine-

drinking and high living, and once set up is often transmitted to descendants. Much of the gout of to-day is the result of the excesses of past generations. Gout does not always show itself in joint inflammation (*podagra*). It often selects the skin, and sometimes internal organs and the throat. The skin and the great toe are the safest places for it to attack.

Diagnosis.—There is not much difficulty about the diagnosis of a fit of the gout. The patient after the first attack knows it very well. The sudden onset of violent pain in a joint, the absence of fever, the irascibility of the patient, distinguish gout from any purely inflammatory affection. In persons who are gouty anything that lowers their normal condition is apt to set up gout; and if they take any ordinary inflammation it is modified by the patient's constitution. Gout is peculiarly liable to fly from place to place. If a severe inflammation in one part suddenly disappears and reappears in another, the probabilities are that the disease is gout in one of its multitudinous forms.

General Treatment.—For more than any other persons abstemious living is necessary for the gouty. The only safe rule to make in regard to alcohol is to abstain from it altogether. Port wine and malt liquors are especially bad. Meat should be taken not oftener than once a day. Too much starchy food is not good either. Milk, stale bread, poultry, green vegetables, should form a large part of the dietary. In an attack of gout the diet must be very plain: plenty of cold water to drink (distilled water, such as "Salutaris" or Caley's aerated distilled water, or filtered rain water or Malvern water, are the best for gouty persons), and the part affected must be kept warm and supported. On no account must cold water be applied to this: it may

relieve the pain at the expense of setting up gout internally, with possibly fatal results.

Medicines.—(Every half-hour in the attack. When given constitutionally, three times a day.)

Acon. 3.—When there is great restlessness, anxiety and anguish.

Nux vom. 3.—In wine and brandy drinkers ; irascible.

Puls. 3.—Pain flying about from joint to joint ; disordered stomach.

Bell. 3.—Redness, swelling and great sensitiveness of the part.

Urtica urens ϕ.—This is Dr. Burnett's remedy. He gave 5 drops in a wineglass of hot water every four hours in an attack, and night and morning in the intervals.

Rhus. 3.—When the patient cannot keep the limb still.

Sulph. 6.—Whenever the complaint drags. In chronic gout a course of *Sulphur* will almost always do good.

GRAVEL.—When the digestion is properly carried on, all the constituents of the urine are soluble ; but when the digestion and tissue change are imperfect, waste products are apt to accumulate, and one of the great outlets for them is the kidneys. Ordinarily the solid constituents of the urine are washed away by the flow into the bladder as *gravel*, but sometimes they accumulate in the kidney itself, and form stones of larger or smaller size. The small ones may pass away, but the larger ones remain, and if they increase in size they may eventually cause destruction of the kidney. The smaller stones (*calculi*) in their passage into the bladder from the kidney occasion great pain (*renal colic*), analogous to that caused by the passage of gall-stones (*biliary colic*).

General Treatment.—The treatment of the condition which results in gravel consists chiefly in attention to

the general health and diet. Some patients are always better in health when they pass gravel, which means that when they do not pass it the effete matters are still in the blood. When they do, these matters are being got rid of by the kidneys. But if digestion and tissue-change were perfectly formed, there would be none to secrete. Those subject to gravel are generally of gouty constitution, and the regimen recommended for **Gout** is equally applicable here.

Medicines.—(Four times a day.)

Lycop. 6.—Red sediment; flatulence of the bowels; distension after food.

Sep. 6.—Pasty sediment, reddish or white.

See also **RENAL COLIC.**

GREEN SICKNESS. *See* **ANÆMIA.**

GRIEF AND SORROW.—The emotions have great effect on the nutrition of the body, just as the bodily health has much to do with producing disorder of the emotions. The remedy for the effects of grief is largely the moral one, and without this, medicines cannot be expected to cure; they can, however, remedy the first sudden consequences of grief, and go a long way toward remedying the after-effects.

Medicines.—(Every hour or two, according to urgency and necessity.)

Ignatia 3.—Silent, inward grief, preying upon the mind; from misplaced affection in lovers; vomiting, pains in the stomach, giddiness; fits resulting from grief or mortification.

Sulph. 3.—Sleeplessness after grief (one dose at bed-time).

Bell. 3.—Deranged intellect from grief, things appear dark, black, or double.

Hyoscy. 3.—If jealous, violent or delirious; intellect deranged, things appear larger than they are; home-sickness, patient cannot sleep.

Merc. 6.—Patient very weak, trembling, uneasy, agitated, particularly during the night, perspiring all night; things appear dark, black, or double.

Plat. 6.—Contempt of persons formerly loved, with temptation to kill; objects appear smaller. If grief brings on the monthly discharge, increases or checks it or brings on other symptoms with it.

GUMS.—The gums require almost as much attention as the teeth. Loss of teeth depends as much on the state of the gums as on that of the teeth themselves. When the gums atrophy or ulcerate, the teeth become loose and are no longer useful. The gums should be firm and pale pink. When they become red and tender they are diseased. They ought to be able to bear brushing almost as well as the teeth themselves. Tartar is very destructive to the gums; there is a popular notion that it is dangerous to remove tartar from the teeth, as it in some manner supports them. This is an absurd idea. Once formed tartar is always increasing, and the gums recede before it, leaving the roots of the teeth no support, but only the covering of tartar. Among the causes of ulceration of the gums is the use of crude wood-charcoal dust. The fine parts of the charcoal penetrate through into the gum tissues, and set up inflammation and finally ulceration. The best material for cleansing both teeth and gums is soap, and of all soaps the finest Castile soap is the best. "Coffin's American Dentifrice" is an excellent preparation of this kind, containing in addition, polishing material for the enamel of the teeth. McLinton's Tooth Paste is also very good. All medicated tooth powders are objection-

able, and especially for those who are taking homœopathic remedies.

General Treatment.—All food that tends to create acidity, such as sweets, and rich, fat foods, should be avoided. Also meat should only be taken sparingly, and after each meat-meal all particles should be carefully removed with a quill tooth-pick. The teeth should be cleaned and the mouth washed after each meal, care being taken not to irritate the inflamed parts of the gums. When tartar has accumulated, it should be removed, if necessary, by a dentist.

Medicines.—(Three times a day.)

Merc. 6.—This is useful in almost all cases—inflammation, bleeding, ulceration, falling away from the teeth.

Sulph. 6.—This may be given for a time after *Mercurius*, if the latter appears to be losing its effect.

Ac. nit. 6.—If much mercury has already been taken.

Phosph. 6.—Suppuration of the gums, especially if the bone is affected.

Silica 6.—This may be given after *Phosph.* or in alternation with it.

Symphylium ϕ.—An excellent mouth-wash is made by putting ten drops of this in half a tumbler of water. This may be used for rinsing the mouth every time the teeth are cleansed. It is especially useful where there is inflammation or ulceration of the gums.

HÆMORRHAGE. *See* **BLEEDING FROM THE NOSE, BLOOD-SPITTING, BLOOD-VOMITING, DYSENTERY, MENSTRUATION, PILES.**

HAIR.—Falling out of the hair is a frequent sequel of acute diseases, especially fevers. But then the loss is only temporary, and it grows again when convalescence is complete. Early loss of hair is often constitutional

and hereditary, and sometimes it is due to affection of the hair bulbs by disease. Ringworm rarely attacks the scalp of adults, though it does occur on the face and body. There is, however, a disease in which the hair falls out in spots (*Alopecia areata*) which is not the same disease as ringworm, and is not definitely known to be parasitic though generally considered to be so. As shown by Burnett, both *Alopecia areata* and ringworm are constitutional and allied to the tubercular diathesis. Usually the hair grows again as vigorously as before.

General Treatment.—With most people the scalp secretes oily matter enough to keep the hair glossy and soft, and in this case there is no need for hair-grease of any kind. The head should be washed with soap once every two or three weeks, and oftener if the secretion of the sebaceous glands is very profuse. But too frequent washing impoverishes the hair. When the hair falls off rapidly, and is not replaced, the following hair-wash will be found of great use. Take of

Oil of almonds	one ounce ;
Olive oil	one ounce ;
Strong liquor ammoniæ . .	one drachm ;
Tincture of cantharides . .	half drachm ;
Essence of bergamotte . .	ten drops ;
Spirit of wine	two ounces ;
Distilled water to . . .	six ounces ;

A little of the wash to be rubbed into the hair roots every night.

Medicines.—(Two or three times a day.)

China 3.—When the hair falls out from debilitating causes.

Merc. 6.—From profuse perspiration.

Hepar 6.—In chronic gouty headache with sensitiveness of the scalp.

Kali. c. 6.—When the hair is dry and feels like hay.
Ac. phos.—After depressing emotions.

HANDS, CHAPPED.—Most persons who have delicate skins are liable to have the hands chapped from the cold in the winter. The best preventive of this is the rubbing in of glycerine in some form, either pure or as glycerine jelly. With some skins Lanoline Cold Cream serves as well, and is a pleasant preparation. If the fissures are very deep and painful, wash clean and rub thoroughly with *Calendula Cerate.* An excellent preparation is Epp's Emollient Skin Lotion.

HANDS, PERSPIRING.—For cold, clammy hands there is no local remedy that is of any avail. The patient must be treated constitutionally.
Medicines.—(Two or three times a day.)
Calc. c. 6.—To begin with in general.
Silic. 6.—In thin, spare subjects.
Sulph. 6.—After *Calc. c.*; and where the patient is subject to eruptions. *See* **CONSTITUTIONS.**

HAY FEVER (HAY ASTHMA).—This is an affection due to the entrance of the pollen of grass and flowers into the air-passages, producing local and general symptoms—sneezing, catarrh, congestion of the eyes, headache, oppression of the breathing, prostration, and fever. It is a most tormenting and inveterate complaint with those who are liable to it, and disables them for several weeks every year. The liability to it is a constitutional state and constitutional treatment gives the best results.
General Treatment.—The chief indication is to keep out of the way of the hay, if possible; but that is by no means easy. Grass is everywhere, and the largest cities cannot escape. The pollen grains find their way every-

where, and, as Dr. C. H. Blackley has shown, a miraculously infinitesimal quantity is sufficient to set up the attack. A sea voyage is the best escape. Medicines can do much here, both curatively and prophylactically.

Medicines.—(Every two hours during an attack; then twice a day as prophylactic.)

Arsen. 3.—As a prophylactic for a few weeks before the hay season sets in. Also for the fully developed disease, especially when there is much prostration.

Acon. 3.—Much fever, restlessness, thirst.

Sulph. 6.—After *Aconite*, when the symptoms do not yield.

Cepa 3.—When the symptoms are worse in a warm room and better in the open air.

Gels. 3.—Where there is excessive sneezing.

HEADACHE.—There are very few people who do not know from experience what a headache is, and yet it is by no means an easy matter to give a rational explanation of the complaint. Some headaches seem to affect one tissue and some another; some appear to be located in the brain itself, and some in its membranes or some particular nerves; some are accompanied by symptoms of congestion, and some by those of want of blood; and others again seem entirely independent of any disturbance of the circulation. It is not of much assistance to invent theories about "nerve storms," which is merely another way of stating the facts already too well known to those who experience them, and gives no help at all in dealing with them. The main facts about headaches that are made out are these: They are often hereditary, descending from parent to child through generations; they are often an expression of some constitutional disease, such as gout and rheumatism; they are often connected with weak

digestion and with disease of any internal organs. These facts supply us with means of classifying the different kinds of headaches, and give us indications for their treatment, and I shall, therefore, give a description of the principal forms. It must be understood that several forms are often combined in one headache. For instance, a rheumatic person may be also nervous, and suffer from diseased stomach and constipation, and all three elements may be found in the attack of headache from which he may be suffering. In this case that element which seems to bear the leading part in it must be taken as the chief guide for prescribing.

Congestive Headache.—The symptoms of this kind of headache are a feeling of fulness and throbbing in the head, throbbing of the arteries in the neck and generally flushing of the face. The pain may go on to cause vomiting. All movement makes the pains worse, also lying down ; standing often relieves them. Headache from exposure to the sun is generally of this kind.

General Treatment.—The patient must be kept very quiet, with the head raised. The application of hot flannels will more often give relief than cold applications ; but if heat fails to relieve, cold may be tried. Vinegar cloths applied to the temples are also useful. Hot foot-baths are at times very efficacious.

Medicines.—(Every half-hour until relief is obtained, and then less often. This applies in all kinds of headache.)

Glonoin 3.—Attack sudden. The blood is felt rising up into the head, with severe beating, as if bruised ; worse by shaking the head ; pulse rapid ; face and eyes red ; or eyes staring and face pale and moist ; buzzing in the ears. Headache from exposure to the sun.

Acon. 3—Pain very severe, with burning sensation over the whole head, particularly in the forehead ; face red and bloated ; eyes red. (Vinegar antidotes *Aconite*, so all applications of vinegar should be left off before *Aconite* is given.)

Bell.—After *Aconite* ; pain deeper seated, oppressive and heavy, and the face pale and haggard or else flushed ; unconsciousness, incoherent talking, murmuring, drowsiness, pains worse by light, movement, and on lying down.

Puls. 3.—Pain dull, oppressive, on one side only ; harassing and weakening ; eyes feel as if they would be forced out of the head ; commencing at back part of the head, or at the root of the nose and going back into the head ; better by pressure ; worse sitting, better walking ; head heavy, face pale, with dizziness, agitation, inclination to cry.

Rhus 3.—Burning, throbbing pain, fulness, oppressive weight ; crawling, shaking, and swashing, as if everything in the head were loose, especially when it comes on after meals.

Nux v. 3.—Headache coming on after a meal, drowsiness, stiffness, and pain in the back of the neck ; speech thick ; falling asleep of limbs. These are dangerous symptoms, and denote the risk of apoplexy. A medical man should always be summoned when they appear. *Nux* should be given until he arrives.

Catarrhal Headache.—When a cold in the head comes on, the cavities in the skull-bones—especially those in the prominences of the eyebrows—being lined with offshoots of the nasal mucous membrane, are liable to become congested, and are then the seat of a sense of fulness and weight. Associated with this there is frequently severe headache, usually in the

forehead. It is oppressive and burning, and is accompanied by all the symptoms of cold.

General Treatment.—This is much the same as the treatment for **COLD**. Salt water drawn up the nostrils will at times give relief.

Medicines.

Acon. 3.—Better in the open air ; worse by talking.

Arsen. 3.—Running from the nose, the discharge being acrid and burning ; hoarseness, restlessness ; better out of doors or in a warm room.

Nux v. 3.—Nose discharges freely in the day, but is stopped at night.

Cepa 3.—Fulness and heaviness in the head, especially the back of the head ; worse at night and in a room ; better in open air.

Gouty Headache.—Persons of gouty constitution are liable to ailments of various kinds. One member of a gouty family will have one disorder and another another, but each is dependent on the same constitutional defect. In one it will manifest itself in a skin disease, in another in gouty joints, and in a third in headaches. When this is the case the headache is of the most severe kind. It is almost invariably inherited gout that takes this form. The headache is generally one-sided, affecting one or other temple, and is accompanied by great irritability and intolerance of sounds and light. It is periodic, coming on regularly at intervals. It passes off with a copious flow of urine, often turbid. There may be vomiting during the attack.

General Treatment.—In this kind of headache the treatment for constitutional gout is needed. *See under* **GOUT**. During the attack there is little to be done beyond keeping the patient quiet and in a dark room. Hot or cold applications, whichever give most relief,

may be applied, and vinegar cloths. But most reliance will be put on medicines.

Medicines.—(Every quarter of an hour, until relief is obtained, during the attack ; two or three times a day as a constitutional remedy.)

Acon. 3.—Great restlessness, fever, peevishness, pain over one or other eye.

Bell. 3.—Violent throbbing pain, with flushed face, bright eyes, or suffused; delirium.

Kali bichr. 3.—Pain over one eye ; yellow tongue ; dyspeptic symptoms. Blindness before the headache comes on, sight returning as the pain sets in.

Bry. 3.—Pain in forehead as if contents of skull would be forced out ; white tongue ; constipation.

Nux v. 3.—Great pain in the eye, and congestion ; tongue dirty brown at the back ; constipation ; in spare subjects liable to fits of anger; those addicted to beer, wine, and tobacco.

Puls. 3.—When the pain flies from place to place. In fair, stout people.

Sulph. 6.—As a constitutional remedy may be given steadily in the intervals between attacks, when the characteristic symptoms of *Sulph.* are present ; *see* **CONSTITUTIONS.**

Rheumatic Headache.—The rheumatic, like the gouty, are apt to have their constitutional habit declare itself in headaches. The pains are tearing and drawing, frequently changing their place, and extending to neck, ear, and temples. The head is sensitive to touch, and hurts when moved. The pains are worse in bed, especially towards midnight. There may be vomiting, which relieves the symptoms.

General Treatment.—Constitutional treatment will be called for in most cases in the intervals. *See*

RHEUMATISM. The attacks are best treated with warmth—hot foot-baths, inhaling steam ; combing the hair also frequently relieves.

Medicines.—(Every half-hour in the attack. Two or three times a day in the intervals.)

Cham. 6.—Tearing, drawing pains, worse in bed at night ; great irritability and peevishness.

Nux v. 3.—Tearing, drawing pains. Patient inclined to be angry, restless, often changing his position ; shooting in the sides of the head ; worse in the open air, or when stooping ; tossing about, belching, retching.

Bell. 3.—Tearing, drawing pains, and cannot bear light or sound ; is compelled to lie still. Pain comes suddenly and goes suddenly. Cries and groans.

Puls. 3.—Tearing, drawing pains ; chilly, inclined to weep ; nausea, must lie still.

Ipec. 3.—Intense gnawing, tearing pains, relieved by heat and vomiting, restlessness, tossing about.

Ignat. 3.—After *Ipec.* Worst pain over nose. Burning, piercing, tearing, deep in the head ; better stooping or lying down.

Coloc. 3.—Rheumatic pains, after other remedies have failed, especially when hard pressure relieves.

Sulph. 6.—A constitutional remedy. Tearing, beating, piercing, on one side of the head, especially if the headache recurs every week.

Sep. 6.—Tearing, beating all over the head, as if it were coming apart, agitation, restlessness, nausea, belching and retching ; pressing, burning pain, causing vomiting ; brought on through every change of the weather.

Headache from Disordered Digestion.—It is not always easy to decide whether a headache causes disorder of the stomach or is the result of it. The

patient's history will be the best guide. If there has been known irregularity of diet, it will be safe to decide that the stomach is the cause, and to pay most attention to that. There is furred tongue, loss of appetite, nausea and vomiting coming on early in the attack and increasing with it; whereas, if the attack is neuralgic purely, the vomiting does not come on till later.

General Treatment.—The article on **DYSPEPSIA** must be consulted. Strong coffee without milk or sugar should be given if the presence of undigested food is the cause. Abstinence from all food during the attack is almost a necessity. Water may be drunk freely if there is thirst. It may be taken hot or cold, whichever seems to agree with the patient best.

Medicines.—(Every half-hour during an attack.)

Nux v. 3.—After indulgence in alcoholic drinks or tobacco. Dull, heavy headache.

Puls. 3.—After fat food or pork.

See also **DYSPEPSIA.**

Headache from Constipation.—Headache sometimes accompanies constipation. The patient notices that whenever the usual evacuation is omitted there is headache, which passes away when the bowels are relieved. The treatment of this kind of headache will be principally the treatment of constipation.

General Treatment.—During the attack the treatment will be the same as that recommended for headaches generally. For the general state, *see* **CONSTIPATION.**

Medicines.—(Frequently during the attack; two or three times during the intervals.)

Bryon. 3.—Determination of blood to the head; it feels as if pressed together from the two sides; on stoop-

ing, as if everything would fall out at the forehead. Nose bleeds without giving relief.

Nux v. 3.—Blood to the head, pressure on temples, walking or moving makes the brain feel sore; neither sitting nor lying gives relief; eyes dull, lids heavy, but sleepless; head feels heavy, especially on moving eyes; feels as if it would burst during mental application; worse in morning, in open air, after meals, after coffee; when there is loathing of coffee.

Opium 3.—Blood to the head; when the pain is violent with a tearing, burning feeling on forehead, visible throbbings on temples, restless look of eyes, thirst, dry mouth, sour eructations, inclination to vomit, foul and offensive vomiting.

Merc. 3.—After *Opium*, head seems full to bursting, as if tied with a bandage; worse at night; tearing, burning, boring, shooting pain.

Puls. 3.—Pains only on one side; shivering; no thirst; little determination of blood. Patients of mild and quiet temperament, inclined to weep and to be agitated.

Lyc. 6.—Headache begins with blindness or dark spots before the sight; with the headache there is flatulence in lower bowel, and passing of thick, gravelly urine. Worse 4 to 8 p.m.; better by uncovering the head.

Sick Headache, or Migraine.—This is not due to disorder of stomach but is a constitutional disorder, nausea or vomiting being one of the symptoms depending on disturbances of the nerves and brain. Occasionally these headaches rob those who suffer from them of one or more days out of every week.

General Treatment.—As a rule, sick headache compels the patient to retire to bed, and as far as possible to shut out all light and sound. Beyond this there is little to be done in the way of general treatment.

Medicines.—(Frequently during the attack; two or three times a day during the interval.)

Acon. 3.—Pain, accompanied by great sensitiveness to all kinds of odours. Pain particularly violent over right eye; piercing and tearing, so that the patient screams; worse shaking or moving the head, or stooping. After *Sepia.*

Bell. 3.—Great sensitiveness to the light; pains worse right side; external part of head very sensitive; veins of head and hands swollen; pain extending to eye and nose on one side of head, with pressing, crushing, waving, splashing sensations; worse by every motion, by turning the eyes, by bright light, by every concussion; jolting sensation in head and forehead at every step; pain returning every afternoon and continuing till midnight, aggravated by warmth of bed, or lying down; worse in a draught. Pain commencing very gradually, changing to an acute pain, affecting half the head; sometimes momentarily, but so acute as to deprive the patient of his senses.

Platina 6.—After *Bell.* Sensation of splashing in forehead; feeling of coldness in ears, eyes, and side of the face, around mouth; trembling or flickering before the eyes; things look smaller.

Merc. 6.—After *Bell.*, if pain tears down into neck and throat; shooting in left ear only; pain excessively violent during the night, with night-sweats, which do not relieve.

Sanguinaria 3.—Great sensitiveness to others walking in the room. Pain periodical, or begins in morning and lasts till night, with fulness of the head as if it would split, or as if eye were pressed outwards; pain beginning in back part of the head, and finally settling over the right eye; digging, shooting, stinging, beating

pain throughout the head, but more in the forehead, and worse on the right side, with chills, nausea, vomiting, inclination to lie down ; symptoms worse by motion.

Sepia. 6.—Patient dislikes to be touched, complains of his bed being hard, is very sensitive to, and is made worse by thunderstorms, cold air, vexations. Pain violent over right eye ; piercing and boring, so that the patient screams ; nausea, vomiting, worse shaking or moving the head, on stooping.

Sulph. 6.—Great sensitiveness to all kinds of odours. After *Aconite* ; violent pains over right eye.

Spigel. 3.—Great sensitiveness to noise ; worst pains on left side, with insupportable beating on temple. Pain on whole left side of the head, and sometimes pain in face and teeth, increasing as the sun mounts ; worse by stooping or motion.

Kali carb. 6.—Drawing, tearing, pressing pains ; intolerance of light ; disturbance of vision.

Nervous Headache.—Closely allied to migraine or sick headache is the nervous headache. It differs from migraine in that it is more definitely traceable to weakness of the nerves and causes which act on the nerves, whilst migraine is more a disease in itself, showing itself periodically, whether there is any definite cause or not.

In nervous headache the head is generally cool, the face pale ; at the beginning the patient sometimes passes colourless urine ; if there is vomiting it gives relief ; as a rule it affects one side only, or is a boring sensation, as if produced by a nail, in particular spots. Touching the head makes the pain worse ; lying down quietly in a dark room mitigates it. Coffee and strong tea are frequent causes of this

headache, and those subject to it should rigidly abstain from both.

General Treatment.—As stated above, it will be necessary for patients who suffer from this kind of headache to abstain from coffee, alcohol, and from strong tea. The care of the general health must also be enjoined. Frequent bathing in cold water, rubbing of the skin, and avoidance of everything tending to over-excite or over-tax the nerves.

Medicines.—(Frequently during the attack; two or three times a day as a course.)

Coffea 3.—(When coffee-drinking is the cause this remedy will not be given, except in single doses in very high potency.) Violent, drawing, pressing pains on outside of the head as if a nail were driven in, or as if the brain were shattered, crushed, and torn; recurring on the slightest occasion; after close thinking, vexation, taking cold, eating too much; with a distaste for coffee, sensitiveness to the least noise, even music; the pains appear intolerable, making the patient fretful; is almost beside himself, shrieks, cries, tosses about, gets much agitated, dreads the fresh air, and is chilly.

Acon. 3.—Pains most violent, with retching, crying and lamenting, and apprehensive of death; the least motion or noise intolerable; pain throbbing, shooting, or cramp-like above the nose, aggravated by the conversation of others; when the headache has been brought on by cold; catarrh, buzzing in ears, pains in abdomen; disagreeable sensation as if a ball were rising up into the head, producing a sensation as of cold air.

Ignat. 3.—Pressing pain above the nose, mitigated by bending forward; pressing from within outward,

twitching and throbbing; tearing in forehead as if a nail were driven through the head; piercing, burning deep into the brain; nausea, darkness before eyes, aversion to light, pale face, profuse colourless urine; the pains often leave for a time when the position is changed, and frequently return after meals, at night after lying down, in the morning after getting up; the patient very nervous, fickle, morose, taciturn, and dejected; headache which causes twitching.

Verat. 3.—Painful sensitiveness of scalp; headache, with diarrhœa; pains so severe he almost loses reason; becomes weak and faint; is worse on getting up after lying down, with cold perspiration, chills, and thirst; with costiveness, determination of blood to the head, pain on one side, oppressive throbbing as if the brain were bruised, with sensation as if compressed, extending to throat, or with stomach-ache, painful stiffness of neck, frequent emission of pale-coloured urine, nausea, vomiting.

Puls. 3.—Tearing pains, growing worse in evening; throbbing and tingling after rising in the morning and in the evening after lying down; jerking, shooting, burning in the temples, particularly when the pain is confined to one side of the head, or accompanied by frequent giddiness, sickness of the stomach, heaviness of the head, dimness of sight; aversion to light; buzzing in the ears, or shooting, jerking, and tearing; pale, distressed countenance; no appetite; no thirst; chilliness and agitation, with occasional bleeding of the nose and palpitation of the heart; when all the symptoms are worse when at rest or sitting, and become better in the open air; when the headache is relieved by pressure or a tight bandage. In mild, good-natured persons.

Bry. 3.—Burning and oppressive pains in the head; when stooping, it seems as if everything would come out at the forehead; worse when walking; or more external tearing, extending to face and temples; or pressing, burning, tearing in small spots. Rheumatic, petulant, passionate persons.

Nux v. 3.—From constipation, from coffee-drinking, in those addicted to alcohol or tobacco. Pain like the piercing of a nail or stitching jerks; shooting and oppressive sensation on one side, beginning early in the morning, and growing worse and worse, until the patient seems to be unconscious or half crazy; head heavy; buzzing noise; giddiness; trembling when walking; worse by moving the eyes; in open air; early in the morning; after meals; by stooping. When the head is extremely painful, and worse in cold weather.

Cham. 6.—Pain in the head caused by cold or by drinking coffee; rending and drawing pain on one side, extending to the jaw; acute shooting pain in temples; heaviness over the nose or troublesome throbbing, especially when one cheek is red and the other pale, or the whole face turgid. Eyes painful; sore throat; bitter taste. For children and persons unable to bear the least pain and quite unmanageable.

China 3.—Suitable after *Coffea.* For sensitive persons; and when the pain is oppressive, preventing sleeping at night: discontented persons; stubborn, disobedient children, fond of dainties, and of pale complexion; face red and hot only at times, when they become very talkative or are restless the whole night; tearing in temples, as if the brain was bursting; boring in top of head, the brain feeling as if bruised; jerking, tearing, rolling, and bursting; worse when stepping, at

every motion, and on opening the eyes; relieved by lying down and being quiet; scalp tender to touch.

Act. r. 3.—Headaches from loss of sleep, mental strain, or worry; aching at the vertex, occiput, and in eyeballs.

Gelsem. 3.—Dull, heavy pains in the head, especially at the vertex; throbbing in the temples, drooping eyelids, heavy eyes, giddiness.

Capsic. 3.—Especially suited to those who are afraid of the air, or exercise; chilly, especially after drinking; phlegmatic, sluggish persons, who easily take offence; refractory, clumsy, awkward children; throbbing headache; or distending, bursting, pressing outwards; worse when walking or moving; tingling, tearing when at rest; moving head and eyes and stooping aggravate it; also open air and cold.

Sulph. 6.—Throbbing, tearing pain with heat, chiefly in morning and evening; nausea; worse in open air, better indoors; periodical; loss of hair, and skin eruptions.

Ars. 3.—Burning at top of head; pain over the eyes; periodical; debility; low, feverish condition; worse indoors, better in the open air.

Sepia 3.—Piercing, tearing, and throbbing headaches, chiefly in forehead or under the frontal protuberance; worse by slightest touch, compelling the patient to scream; nausea and vomiting worse from slightest motion, better when keeping very still; in the dark, with closed eyes, desires sleep, which soon follows, and, after sleeping for some time, headache ceases.

HEAD LICE.—The presence of lice in the head is not compatible with perfect health. It is sometimes almost impossible to get rid of them without constitutional treatment as well as local.

General Treatment.—Perfect cleanliness in habits; plain food and exercise. Locally, wash of *Sabadilla* θ, one ounce to the pint of water.

Medicine.

Nat. mur. 6.—(Three or four times a day.)

HEART, PALPITATION OF.—Violent or rapid pulsation of the heart may be due to disease of the heart's structure; or it may arise from constitutional causes, from disorders of digestion or affections of other organs. It is a common symptom in smokers and those who indulge freely in alcohol. In persons of nervous organisation almost anything will be sufficient to cause an attack of palpitation. Those who suffer from it generally sleep better lying on the right side than the left.

General Treatment.—When the cause is known and can be removed, to do this is the first indication. Tobacco, wine, and spirits, coffee, strong tea, spices, must be avoided. During an attack, when accompanied by faintness, a little brandy with hot water may be given.

Medicines.—(Frequently during an attack. Three times daily during an interval.)

Acon. 3.—When it arises from mental emotions; in plethoric persons.

Cham. 3.—From vexation.

Coffea 3.—From excessive joy.

Ignat. 3.—In persons of weak nerves; palpitation worse at night, keeping the patient awake.

Nux v. 3.—In plethoric persons, after *Acon.;* worse after eating; flatulence after eating; constipation.

Bell. 3.—In plethoric persons; palpitation on slight exertion, with full, throbbing headache, flushed face, great sensitiveness to light and noise.

China 3.—In weak persons who have had exhausting discharges.
Nat. m. 6.—Palpitation coming on when the patient lies down.
Verat. a. 3.—Better lying down, worse on rising and moving about, with difficulty of breathing and agitation.

HEARTBURN.—A hot sensation felt principally in the pit of the stomach, and followed after a time by sour or acrid risings. This is often a symptom of dyspepsia, and then the case will be treated according to the symptoms, taken as a whole. It often occurs during pregnancy. *Compare* **WATERBRASH.**
General Treatment.—The use of alkalies is objectionable. A slice of lemon, with sugar, held in the mouth may remove it, or drinking freely of cold water, or sugared water in the morning. It is best treated by medicines.
Medicines.—(Every four hours.)
Carbo v. 6.—With flatulence and chilliness.
Puls. 3.—Loaded tongue, flat taste, loose bowels.
Lyc. 6.—White tongue, red sediment in the urine, flatulence and constipation.

HEAT, EFFECTS OF. *See* **SUNSTROKE.**

HEAT SPOTS (Prickly Heat).—Whilst voyaging through the tropics most persons become affected with a rash of minute vesicles, attended with violent itching. This rash is also common in hot summers, and affects children especially.
General Treatment.—Frequent bathing and light dressing will generally relieve the complaint.
Medicines.—(Every four hours.)
Acon. 3.—If there is fever and restlessness.

Rhus 3.—If the eruption is extensive.
Sulph. 6.—After *Rhus* if the latter is insufficient.

HECTIC FEVER.—This is the fever which is found accompanying many wasting diseases, notably consumption, and chronic abscesses connected with bones and joints. It is a continued fever, subject to many fluctuations in the course of the twenty-four hours, reaching its height in the middle of the afternoon, when the characteristic bright spot appears on the cheek. The presence of the disease on which it depends serves to distinguish it from all other fevers.

The **treatment** of hectic is the treatment of the disease of which it is a manifestation. The most nourishing and easily digested diet, sponging with vinegar and hot water (one part to six), and a good supply of fresh air constitute the most important general measures.

Medicines.

China 3.—The most generally useful.
Acon. 3.—If there is dry skin, restlessness, anxiety.
Arsen. 3.—Red tongue, burning thirst, anguish.
Hepar 6.—Great depression, profuse suppuration.

HERNIA. *See* **RUPTURE.**

HERPES. *See* **SHINGLES.**

HICCOUGH.—The diaphragm (which separates the cavity of the chest from the cavity of the abdomen) is one of the principal muscles of breathing. When from any reason the nerve which regulates the action of the diaphragm becomes irritated, spasmodic contraction of the muscle may result. The effect of this is to cause a sudden inrush of air into the chest, when the voice organs are not prepared for it. This accounts for the "sob" and the noise which are so characteristic. Any-

thing which disorders the digestion and produces flatulence is apt to set up this irritation. Spices will cause it at once in some people. At times hiccough occurs from some brain affection, apart from any affection of the stomach, the nerve being irritated at its origin.

Hiccough is much more common among infants than among adults. In them it is often due to chilling of the skin.

General Treatment.—The well-known remedies of taking a deep breath and holding it a long time, drinking deep draughts of water, eating a few lumps of sugar may be tried ; also sudden arrest of the attention by a friend of the patient is sometimes effective. Infants should be wrapped up warmly and put to the breast, or a teaspoonful of water, sweetened with white sugar, should be given. If these measures fail, recourse must be had to

Medicines.—(Every few minutes ; when the case is chronic, at longer intervals.)

Nux v. 3.—In ordinary cases.

Ignat. 3.—When it occurs after eating, drinking, or smoking.

Nat. mur. 6.—Violent and persistent hiccough, chilliness, and ill-nourished condition.

HIVES. *See* **NETTLE-RASH.**

HOARSENESS.—This very usual accompaniment of a cold is due to congestion of the mucous membrane of the larynx (voice organ) and relaxation of the vocal cords. In a general way it passes off with the cold and needs no special treatment. However, this does not always happen so. It may linger on after the other symptoms of cold have disappeared and then it becomes

a more serious affair. Or, if the attacks of hoarseness occur frequently, the condition will need to be treated.

General Treatment.—A compress (composed of two or three layers of linen wrung out of cold water and laid across the throat, and over this a piece of flannel completely covering it) applied at bedtime is often of benefit. Eating a few raisins, or taking the yolk of an egg raw with a little sugar several times a day are useful in many cases. Of course care must be taken to avoid colds, and adopt such measures as will prevent their occurrence.

Medicines.—(Every four hours, until relief is obtained.)

Bell. 3.—Hoarseness accompanied with tickling, irritating cough, and bright red soreness of throat; mouth dry.

Phos. 3.—Hoarseness, with cough and rawness in larynx, worse in evening; cannot talk on account of pain in larynx.

Carbo v. 6.—Protracted hoarseness, worse morning and evening and after talking; hoarseness after measles.

Merc. 6.—Voice hoarse and rough, burning and tickling in larynx—a disposition to perspire easily, the sweating giving no relief. Every breath of air aggravates.

HOME SICKNESS.—The idea that the sufferings some people experience on being separated from their homes and kindred can be in any way influenced by medicines may seem strange, but it is happily a fact, nevertheless; and, more than this, there is no other treatment that is of much avail.

Medicines.—(Three or four times a day.)

Hyos. 3.—Sleepless, hot and flushed face.

Caps. 3.—After *Hyos.*, hot feeling in the back of the throat; red cheeks; constant weeping.

Phos. ac. 6.—Taciturn, sleepy, dull; wasting; does not care to eat.

HOOPING COUGH. *See* **WHOOPING COUGH.**

HUNGER. *See* **APPETITE.**

HYDROPHOBIA.—It is well to remember that of dogs that bite not one in a thousand is rabid, and of persons bitten by actually rabid animals not more than one in twenty become affected by hydrophobia. It is also well to remember that most animals that are "supposed" to be mad are not mad at all. These considerations should be sufficient to do away with the panic many timid persons suffer from to such a degree that the very fear of hydrophobia becomes itself a disease and might be called a hydrophobia-*phobia*. But there is one more comforting reflection, and that is, that hydrophobia is not incurable, as it is generally stated to be. Cases have been cured, and there is no reason why they should not be cured again. The disease consists of an irritation of the central nervous system, manifesting itself in convulsions, which gradually wear the patient out. These convulsions are excited by very slight causes, such as a noise, or movement, or blowing on the patient, but especially by any attempt on his part to swallow liquids. This is so marked that the sight or sound of water is enough to set up convulsions. But there are cases in which this does not occur.

The onset of the disease occurs at a variable time after the bite. The symptoms have been known to develop as soon as eight days after, and cases are recorded in which the incubation period (as it is called) has lasted for years. The general run of cases occur in from one to two months after the bite.

Diagnosis.—Some cases of hysteria closely simulate an attack of hydrophobia. There are the choking sensations, inability to swallow, and general convulsions; but the patient is generally known to be hysterical, and the attack does not last long. There is not the profound prostration or the heavy sweat that accompany the real disease.

General Treatment.—This divides itself into two heads: (1) the treatment after the bite, and (2) the treatment of the disease.

(1) *Treatment after the bite.*

The first thing to be done is to apply cupping glasses to the wound, or, if these are not handy, to suck it. The person sucking runs no risk if he has no sore about his mouth at the time. Whilst sucking pressure should be made with the thumb towards the wound over the adjoining part. If the wound is deep and the orifice small it should be made larger by an incision. When nothing more can be made to exude from it the wound should be washed with a 20 per cent. solution of carbolic acid, or of Sir W. Burnett's disinfectant fluid, and afterwards allowed to heal, with nothing but water dressing applied.

The patient should be put on a course of Turkish baths, taking one daily for three weeks.

Medicines.—A course of *Bell.* 3, one drop three times a day should be persisted in for three months.

(2) *Treatment of the Disease.*

When the first signs of the disease show themselves—inflammation showing itself about the wound, irritability of temper, restlessness, soreness or stiffness about the throat—the patient should at once be removed to a Turkish bath.

The **Medicines** which have proved most useful are

Belladonna, *Stramonium*, *Lachesis*, *Hydrophobinum*, and *Cantharis*. But the treatment must always be directed by a medical man, who will decide what should be given.

HYPOCHONDRIASIS.—A morbid state of mind, in which the patient imagines himself suffering from all manner of diseases in mind, body, and estate, which have no real objective existence. It is often a result of a habit of looking perpetually at the dark side of things, and at the inside of one's self. The latter produces a morbid sensitiveness to every little pain or sensation, exalting it into the symptom of some fatal disease, and also a morbid sensitiveness of conscience which exaggerates every little fault into an unpardonable sin. The condition was anciently supposed to be due to an affection of the liver, which occupies the hypochondria, and hence it derived its name. It does frequently accompany disordered liver or digestion, but it more frequently exists independently of these. It is a disease peculiarly affecting men. In women it takes the form of hysteria or melancholy.

General Treatment.—When it is ascertained that there is no actual organic disease present, the difficulty arises of persuading the patient that such is the case. This is by no means easy. If he is told bluntly, he will go from one doctor to another, quite convinced that nobody understands his case. The great object is to get the patient out of himself. A wise friend is often of more service here than a doctor, unless the latter is on intimate terms with the patient. The treatment is rather moral than medical. But medicines must not be neglected. The power of drugs over mental states is very great. Where the condition arises from slight bodily ailment, exaggerated into a

grave disease in the patient's mind, the actual disease must be cured in the first instance, and with it the whole morbid state will probably disappear.

Medicines.—(Two or three times a day.)

Nux v. 3.—When arising from disordered digestion, or constipation.

Nat. m. 6.—In ill-nourished persons with earthy complexion ; chilly.

Act. r. 3.—Sense of a cloud hanging over one.

Ars. 3.—When burning pains are complained of, red tongue, thirst, anxiety, anguish, restlessness.

HYSTERIA.—A condition of nervous weakness, in which self-control is lost, the will no longer asserts itself, and the emotions have free play. In the hysterical fit the patient laughs without real merriment, and cries without cause, is convulsed, but does not lose consciousness as in epileptic attacks. There are also differences of sensation—one part may become hyper-sensitive and another lose all power of feeling pain. Hysteria can simulate almost any disease ; on the other hand, cases of real illness are sometimes set down as simply hysteria. The history of a case, and especially of the patient, will be the best guide in deciding, and the presence or absence of previous hysterical attacks. One of the most common symptoms of hysteria is the well-known sensation of a lump in the throat. It should not be forgotten that hysteria is a serious disease, and may be a fatal one. Some women are liable to become hysterical when under the influence of shock or intense excitement. They may have one or two attacks in a lifetime, and no more. These are not what are called hysterical patients proper. With them it is only a passing accident. The true hysteric is a person of highly nervous

organisation and very unstably balanced. Such an one may suffer periodically from attacks of hysteria from no observable cause, and is easily put into an attack from a very slight cause. Men may be hysterical as well as women.

General Treatment.—Plain, regular mode of living, avoidance of stimulants and anything exciting, are the best measures for those who have a tendency to hysterical attacks. In the attack the application of cold water to the face will in most cases restore self-control. The wet towel is the best means of applying it. A corner of the towel should be dipped in cold water, and the face flicked with this. This measure should only be resorted to when the patient is of strong constitution and in good general health. The safest plan is to loosen the clothes, and take care that the patient does not hurt herself, and do nothing more, but wait till the fit is over. The worst thing to do is to exhibit much sympathy. The attendant may feel it, but must not show it, for this only makes the patient worse.

Medicines.—(Every few minutes in an attack. Two or three times a day for the constitution.)

Ignat. 3.—Great impressionability, capriciousness, rapidly alternating mental states, feeling of a "lump" in the throat, relieved by swallowing food ; effects of worry.

Moschus. 3.—Hysterical fainting attacks.

Lach. 6.—"Lump" in throat ; cannot bear anything tight about her ; worse after sleep.

[Hysteria takes a great variety of forms, and if the ordinary medicines do not succeed the permanent symptoms of the case must be carefully compared with the materia medica. The constitutional remedy will

be chosen according to the general condition of the patient between the attacks.]

ICES, ICE-CREAMS, EFFECTS AFTER EATING.—These are generally acute pains from arrest of digestion, followed by flatulence and possibly vomiting. The following **Medicines** should be given every hour until relief is obtained :

Ars. 3.—After eating ice-creams.

Carbo v. 6.—For bad effects of ice-water and iced drinks in general.

INDIGESTION. *See* **DYSPEPSIA.**

SECTION OF DISEASES OF INFANTS

INFANTS, NEWLY-BORN.—As it often happens that the child is born before the arrival of the doctor, it is very necessary that nurses and others should be able to act in emergencies. The first thing to remember regarding the child is that it is often apparently dead when born, but not really so.

Apparent Death—If the cord is round the child's neck, unbind it. If the cord pulsates, leave it uncut. Gently insert the finger into the child's mouth, and clear out any fluid or membrane that may be there. On withdrawing the finger, there will generally be an effort to breathe. If there is none, cut the cord, and allow it to bleed a little before tying ; then place the child in a hot bath and pour a little cold water on the back of the neck. If there is still no effort to breathe, make slow and gentle pressure on the chest, taking it between the two hands and allowing it to expand again. These measures must be per-

severed with, as patience has been rewarded with a living child after two or three hours.

Management of the Child.—As soon as the child has given evidence of vitality by its cry or the rosy flush of its skin, it may be separated from its mother. The cord should be tied about an inch and a half from the child's body, and again about an inch nearer the mother. The best material is several strands of strong thread, twisted into a coil, or a piece of narrow tape. It should be put once around only, and then firmly tied. Between the two ligatures it should be cut. The child should be washed as soon as possible, and in the meantime wrapped in flannel.

Washing.—As soon as possible after it is born the child should be washed in warm water. It is covered with a sebaceous substance which is difficult to remove. This must be rubbed with a little lard, which will soften it and make it easy to wash off with soap and flannel. The child should be washed once a day in water not too warm ; by degrees it may be accustomed to cool or cold water. After washing it should be wiped dry with a soft towel.

The Eyes.—The following directions are taken from the author's *Prescriber* :—

Immediately after birth the nurse must wash the infant's eyes with the greatest possible care, removing all traces of mucus. For this purpose a fine linen rag, dipped in clean water, may be used. Beginning at the outer corner, the eyelids are gently wiped from side to side, until all traces of mucus are removed, and the eyelids remain perfectly clean. Sponges must never be used. As soon as the child's eyes are thus washed clean and dried the nurse is to wash her own hands most carefully in water with which carbolic acid, Condy's

fluid, or other disinfectant has been mixed. If in the first few days after birth signs of inflammation appear—redness, swelling, and sticking together of the lids—the greatest care must be taken. If from any reason the doctor cannot be in attendance immediately, the nurse must herself cleanse the eyes in the following manner: A perfectly clean and very soft piece of linen is moistened with tepid water; any excess of water is then squeezed out. The muco-purulent discharge between the eyelids is wiped off very gently—without scrubbing or scratching; special attention being paid to the inner corner of the eyelid, where the mucus particularly accumulates. After repeatedly rinsing the linen in clean water, the upper eyelid is gently raised by means of the thumb placed on the eyelid immediately above the lashes, but without making any undue pressure. The muco-purulent matter which escapes is removed with a rag as often as it appears. In the next place, the lower eyelid is drawn down with the forefinger, and also wiped with great care. If the eyelids stick together, they must be moistened with water until separation takes place without any effort. The water used in cleansing the eyes must be perfectly pure; no milk or soap is to be mixed with it. After each cleansing a drop of the solution of *Argent. nit.* indicated below is to be introduced into each eye.

Medical Treatment.—*Arg. nit.* 3, 2h. is to be administered. After well washing, a drop of a solution of *Arg. nit.* (two grains to the ounce) to be introduced into the eye.

The Navel.—When the child is washed and ready for dressing the navel must be attended to. Take four thicknesses of very fine soft linen, cut a hole in the centre by doubling them into four and snipping

off the points. Nurses insist on charring the edges of the hole thus made, and no objection need be raised to the practice, though the object of it is not very apparent; place the cord through the hole and turn it up, laying it on one fold of the linen; then turn up the other fold over it, and turn the sides of the doubled fold thus made over the cord again, so wrapping it up. The child's clothes will then keep it in place. The navel generally shrivels up and drops off in about a week.

Clothing.—From time immemorial it has been deemed necessary to roll up infants in yards of flannel. Some sturdy hygienic reformers, like Dr. Roth, in England, and Dr. Grosvenor, of Chicago, have raised protests, and with good effect. These gentlemen have devised dresses for infants which can be adjusted with one action, and keep the child warm without interfering with the freedom of its movements.

The Passages.—The nurse must observe whether the child passes motion and water without difficulty, as there are sometimes defects in the passages which demand immediate attention. The first motion is peculiar. It consists of a dark green substance, called meconium, which is usually passed a few hours after birth.

Feeding.—The child should be put to the breast very soon after delivery. It is good both for the child and the mother. The child learns to suck, and the secretion of milk is hastened. There is less liability to sore nipples and hardening of the breast. Also it causes the womb to contract more speedily.

If for any reason the mother cannot suckle the child for a day or two, it must be nourished with milk, diluted with an equal quantity of water. Nothing else

should be given. If the mother cannot nurse the child at all, some of the preparations of humanised cow's milk, supplied by the best dairies, are excellent substitutes. The preparations of the Gordon Walker Laboratories are to be recommended.

INFANTS, DISEASES PECULIAR TO.

Breasts, Swelling of.—The breasts of infants are sometimes swollen at birth, or some time after. This is often caused by the folly of ignorant nurses, who think it incumbent on them to "break the nipple strings."

General Treatment.—Apply a rag saturated with sweet oil. This will generally be sufficient.

Medicines.—(Every few hours.)

Cham. 6.—If the child is fretful and irritable.

Bell. 3.—If there is much show of redness and swelling.

Arn. 3.—If it is due to the squeezing of nurses.

Hepar. 6.—If there is suppuration or threatening of it.

Colic.—This is frequently met with in infants. The commonest causes are errors of diet on the part of the nurse or mother, or injudicious feeding of the infant. Chill is also not unfrequently followed by colic. Sometimes it is constitutional, and these cases are generally the most violent.

General Treatment.—Attention must be paid to the diet of the child or the mother. For the proper diet for Infants, *see under* **CHILDREN, Feeding and Management of.** The intervals of feeding must also be regular, and not too frequent. It is a very bad habit to feed a child every time it cries. When the child takes the breast or the bottle well, every four hours is often enough. The intervals must be shorter when the stomach can only take a little.

Next in importance to feeding in cases of colic are

clothing and warmth. Every care must be taken to avoid chills.

Medicines.—(Every hour or two until relieved; then less often.)

Cham. 6.—This is the chief remedy. The indications are swelling of the body, crying, writhing and twisting, drawing up the legs towards the abdomen, and coldness of the feet.

Coloc. 3.—After *Cham.;* brown watery diarrhœa.

Ipec. 3.—Sickness, diarrhœa; fermenting, putrid stools.

China 3.—Distension and hardness of body; attacks more liable to come on in the evening.

Nux v. 3.—When there is constipation with the colic.

Puls. 3.—Flatulent colic; wind rumbling in the body, which is tender; shivering; paleness of face.

Constipation.—Every child should have a motion at least once a day. If it has this without pain or difficulty this is quite sufficient, but if delayed longer and if there is pain or difficulty and the motion is hard, remedies should be sought. The condition is sometimes constitutional and sometimes due to errors of diet. Manna should be used for sweetening food instead of sugar.

General Treatment.—If the child is breast-fed, the nurse should try some change of diet—brown bread, figs, green vegetables, Revalenta; or, if hand-fed, the child's diet should be changed. If one food constipates, another may not. Milk foods only should be given at first. Neave's Food, Proportionalised Milk, Theinhardt's Infantina, Savory and Moore's, Allenbury's. These may be tried in turn. A teaspoonful of cold water may be given two or three times a day.

Injections of warm water, or of one-third of a teaspoonful of glycerine, may be given.

Medicines.—(To be given night and morning.)

Sulph. 6.—In constitutional cases, a good remedy to begin with.

Nux v. 3.—Frequent ineffectual urgings, restless sleep, irritability.

Bry. 3.—Large motions passed with difficulty.

Opium 3.—Hard, lumpy motions, drowsiness; often accompanied by retention of urine.

Plumb. 6.—Obstinate cases; hard, distended abdomen; stools in hard, dark balls.

Ant. crud. 3.—With white coated tongue and disordered stomach.

Convulsions. *See* **SPASMS** or **CONVULSIONS.**

Crying.—Usually when children cry there is a cause for it, but sometimes they cry when no cause can be discovered. Except when it is excessive, crying does not of itself injure a child, and need not be cause for alarm.

General Treatment.—The first thing to be done is to find the cause. The only way infants have of explaining that a pin is sticking into them, or that their dress is not comfortable, is by crying. This should be seen to first of all. Pains of all kinds in infants cause them to cry, and it is only by observing other symptoms that the character or site of the pain can be discovered. If there is a rumbling in the body, passage of flatulence, green motions, or diarrhœa, it may be safely concluded that the pain is in the body. If there is fever, dry skin, that means that there is inflammation somewhere. If there is difficulty of breathing or cough, it is probably the chest; if the child cries when washed or touched in any particular part, as the ear, there is probably some aching or inflammation there. The treatment of all these affections will be found under their several headings. *Never give an opiate or any kind of soothing syrup to stop a*

child crying, this not only injures the child but it prevents the possibility of finding out what is the matter with it by obscuring the indications of the disease.

Medicines.—(Every half-hour when the attacks are on. Two or three times a day as preventives.)

Bell. 3.—Starting out of sleep and beginning to cry violently.

Acon. 3.—Crying, accompanied by uneasiness and heat.

Cham. 6.—Fretfulness, wanting to be carried about; when there is reason to suppose the crying is caused by earache.

Diarrhœa.—Three to six motions a day are natural to healthy infants. When there are more, and the character of them is altered, and they become watery, green, brown, pasty, offensive, or mixed with blood and mucus, and when the child shows signs of suffering, then the condition is unnatural and requires treatment. Diarrhœa, which is prevalent in summer, is a dangerous disease. It is sometimes called *summer diarrhœa*. It usually begins with nausea and vomiting. First the food is vomited, then mucus. There may be retching and fruitless efforts to vomit. Diarrhœa comes on after the vomiting, the stools are greenish, thin, watery, or yellowish or slimy and mixed with blood. The food is sometimes passed undigested, and occasionally is very offensive. The child rapidly grows thin; there is great thirst for water which is often vomited; the head is hot, hands and feet cold. Bad air, improper feeding, sudden chills from improper clothing, or sudden changes of weather are the chief causes.

General Treatment.—The child must be kept warm and guarded from chills. If it is on the breast the nurse must be careful in her diet and take nothing of a relaxing nature. If it is hand-fed a change in the diet

may be tried. If the discharges are excessive and watery, and the child shows signs of thirst, water may be given in teaspoonfuls. Sometimes water is the only thing that can be retained on the stomach at first. If the child has been fed on milk a little lime water may be added to it.

Medicines.—(Every hour until better.)

Acon. 3.—Diarrhœa attended with fever; after a fright.

Cham. 6.—Bilious, watery, pasty, or slimy stools of whitish, green, or yellow colour. Sometimes like beaten-up eggs, and offensive like rotten eggs. With it there is colic, fretfulness, crying, drawing up of the legs, redness of the face or of one cheek, soreness between the legs.

Magn. Carb. 6.—Profuse, green, watery, frothy stool; with green scum like that of a frog pond; white lumps like tallow; colic; sour smell of whole body.

Chin. 3.—Watery, painless diarrhœa, with much wind, occurs after each meal; undigested milk in the stools. Stools fetid; much wind in the bowels.

Ipec. 3.—From overloading the stomach; with nausea and vomiting; paleness of face; frequent crying; bilious, slimy stools, greenish-yellow, blackish, and blood-streaked, putrid.

Remedies especially indicated for summer diarrhœa.

Ars. 3.—Child very weak, pale and emaciated; body inflated; limbs cold; nausea and vomiting; yellow, watery, or white or brownish; offensive diarrhœa, worse after midnight, towards morning, and after eating and drinking.

Carbo v. 6.—Child is cold and blue, stools thin and offensive, vomiting after eating, much thirst.

Ipec. 3.—At the commencement. For special indications *see above.*

Merc. 6.—Diarrhœa worse before midnight; colic, straining, perspiration; scanty, greenish, sour, slimy, or bloody stools, with nausea and eructations.

Calc. c. 6.—Thin, light-coloured stools, sour-smelling or like bad eggs; vomiting; sweat on head; body enlarged.

Verat. a. 3.—Weakness, nausea, vomiting so great as almost to cause fainting; great coldness, with cold sweat on the forehead; great exhaustion, vomiting, and diarrhœa; vomiting after swallowing the least liquid; slightest movement excites vomiting; great thirst for cold water; loose, brownish and blackish stools.

Sulph. 6.—In protracted cases. Stools frequent, greenish, thin and watery, or whitish and slimy.

Discharge from the Ear.—Gathering in the ears frequently occurs in young children. The pains give rise to screaming, rolling, and tossing of the head, sudden starting out of sleep, and fever. When the discharge takes place the gathering has broken and the symptoms cease.

Treatment.—*See under* **EARS.**

Excoriation.—Rawness of the skin between the thighs and about the buttocks of infants is a very common affection. It is not a consequence of irritation from the water and motions, but is an independent affection of the skin.

General Treatment.—When the skin is sore it must not be washed with soap, but with plain water merely, and wiped dry with very soft linen, and afterwards dusted with starch powder or the finest fuller's earth.

Medicines.—(Three times a day.)

Cham. 6.—This will cure almost all cases.

Lyc. 6.—If *Cham.* fails.

Rhus 3.—If accompanied by red pimples.

Sulph. 6.—In obstinate cases.

Eyes Sore.—*See above, under* **Management of the Child.**

Gum, or Red Gum.—A rash of red pimples chiefly on face, neck, and arms. It is called "gum" because the pimples are tipped with a minute head, looking like a gummy exudation.

General Treatment.—As the disease is often due to improper clothing it will be necessary to see that the child is not too warmly wrapped up. It must be washed regularly.

Medicines.—(Two or three times a day.)

Rhus 3.—Will cure most cases.

Sulph. 6.—If *Rhus* is not sufficient.

Heat Spots, or Prickly Heat.—An eruption of small vesicles, generally about the size of a pin's head. They are red and inflamed at the base, and contain watery fluid. After breaking they sometimes form thin scabs. There is usually some fever, and the burning and itching cause much annoyance to the infant. Heat of summer, warm rooms, excess of clothing, are the causes which give rise to it.

General Treatment.—Frequent washing and proper attention to ventilation and dress.

Medicines.—(Every few hours until relief is obtained.)

Acon. 3.—Fever and restlessness.

Cham. 6.—Peevishness and fretfulness.

Rhus 3.—If the eruption is extensive.

Sulph. 6.—If the eruption persists. When there is a tendency to the complaint, *Sulph.* may be given at long intervals to correct this.

Hiccough.—Many infants are a good deal troubled with this. Exposure to cold air will bring it on.

General Treatment.—Wrap the child up warmly and

give it the breast or the bottle. If it continues give a teaspoonful of water sweetened with sugar.

Medicines.—If the above measures fail to remove it give a dose of *Nux v.* 3. Repeat if necessary after a few hours.

Jaundice.—New-born children are not unfrequently affected with jaundice. It may be brought on by exposure to cold or by the administration of aperients.

Symptoms.—The first symptom noticed is a yellowness of the whites of the eyes and of the urine. Then the whole surface of the body becomes yellow, the stools either confined or too loose, generally light-coloured.

General Treatment.—The child must be kept warm and in a well-ventilated room.

Medicines.—(Every few hours.)

Cham. 6.—Will often suffice to cure of itself.

Merc. 6.—After *Cham.* when the latter fails to complete the cure.

Chin. 3.—After the above, if necessary.

Nux v. 3.—When there is constipation and irritability.

Meconium, Delayed. — Meconium is the name given to the dark green tarry substance of which the first stool of the child is composed. It generally comes away a few hours after birth; the mother's milk slightly exciting the action of the bowels. Sometimes the evacuation is delayed.

General Treatment.—Retention of the meconium is sometimes due to imperfection in the passage; and the doctor should be asked to ascertain whether this is the case or not. If the passages are right a few teaspoonfuls of warm sugar and water will generally be enough to cause an evacuation. Purgatives must never be given; but if the above measures do not

prove sufficient, help will be obtained from the following medicines.

Medicines.—(One or two doses at a few hours' interval until the effect is produced. This may be given to both mother and child when the child is at the breast.)

Nux v. 3.—Should be given first.

Sulph. 6.—After *Nux*, if necessary.

Bry. 3.—If these prove insufficient.

Milk-Crust.—An eruption of numerous small white pustules appearing in clusters on a red ground. They generally appear first on the face, especially cheeks and forehead, whence they sometimes spread over the entire body. In a short time they become darker in colour, burst, and form thin yellow crusts. There is often much redness, swelling, and itching, which renders the child exceedingly restless and fretful, and causes it to rub the affected part constantly, by which the scabs are rubbed off, and the disease is aggravated.

General Treatment.—Only soft water or distilled water should be used to wash the affected parts with. When the crust becomes thick, it should be removed with a linseed poultice. Once a day the part should be washed with a weak infusion of *Viola tricolor*. (The dried plant may be obtained at the druggist's, and the infusion or "tea" made of it at home.) The child should be allowed no sweet things, and if it is nursed, the nurse should eat no sweets or pastry ; she should also eat little meat, but may have a good supply of fresh vegetables and milk.

Medicines.—(Two or three times a day.)

Viola tricolor 3.—This is the most generally useful remedy. It should be given internally when the infu-

sion is used locally. Other remedies may be given intercurrently as indicated.

Rhus 3.—Redness and inflammation not subdued by *Viola. t.* (*Rhus* sometimes causes aggravation of the symptoms. When this occurs, the medicine must be left off, and, as a rule, improvement will quickly follow. No more medicine must then be given until the improvement ceases, when *Rhus* may be repeated until improvement again sets in.)

Sulph. 6.—After *Rhus*, when the latter ceases to benefit.

Ars. 3.—When there are excessive discharges, or when ulcers form.

Hepar 6.—Disease extending to nose, face, and neck, or when the eyes and eyelids are inflamed.

Calc. c. 6.—In fat, lymphatic, fair children, when the disease is protracted.

Lyc. 6.—When there is constipation.

Restlessness and Wakefulness.—The causes of restlessness in infants are : improper feeding—giving either improper food or too much or too little ; improper feeding on the part of the mother—indulgence in coffee, wine, rich or spiced food ; improper dressing of the child, and especially if pins are used ; want of cleanliness. It may also be due to inflammation, as of the ear, or to the sufferings of teething. Care must be taken to discover if there is any disease present which will require special treatment.

General Treatment.—The causes named above must be carefully guarded against. The child must be fed at regular times, and carefully washed and dressed. It must not have its head raised, but lie with it low.

Medicines.—(Every four hours ; shortly before the hours of rest are the best times.)

Acon. 3.—Restlessness, with hot, dry skin.
Coffea 3.—After *Aconite.*
Opium 3.—When there is redness of the face.
Cham. 6.—Flatulence, gripings; starting, and jerkings of the limbs; feverishness, with redness of one cheek.
Bell. 3.—Child appears drowsy, but cannot sleep, or falls asleep for a few moments and starts up suddenly and cries.
Puls. 3.—From overloading the stomach.
Nux v. 3.—From indulgence in coffee or spirituous liquors on the part of the mother.

Rupture.—Protrusion of a part of the bowel through the inner abdominal wall, causing a projection under the skin. This is found in two places—the *groin* and at the *navel.* Both are common in infants. The causes are, unnatural weakness of the walls of the body, improper care of the navel, and improper dressing, especially by tight swaddling bands.

Navel Rupture (Umbilical Hernia).—This is recognised by an unnatural protrusion of the navel.

Diagnosis.—In infant boys there are two conditions which are apt to be mistaken for rupture of the groin—Hydrocele of the spermatic cord and undescended testicle. The last is excluded if the testicle is found in its place in the scrotum. Hydrocele, a localised dropsical swelling in the cord, may form a protrusion in the groin just where rupture occurs; but this always remains in the same place and does not disappear altogether as protrusion of the bowel does when it is put back in its place.

General Treatment.—*Navel Rupture.*—The skin must be drawn up over the swelling from both sides, and two rather broad strips of strapping drawn over the part cross-wise (the strips crossing each other over

the swelling) so as to hold the skin in that position. This will prevent any protrusion, and, the strain being removed, the opening will contract.

Groin Rupture (Inguinal Hernia.)—The treatment for this is support by means of a truss. If the rupture is only small and the child can be kept from crying or straining, it may be remedied without having recourse to a truss. Homœopathic remedies can do much to assist the cure.

Medicines.

Nux v. 3.—Night and morning.

Lyc. 6.—Especially if on right side.

Aurum 6.—Navel rupture.

Scurf on Head.—Some children have a dirty-looking crust formed on the head, usually beginning at the top. Under the crust the surface is red and inflamed. It may be due to want of cleanliness or to keeping the child too warm. It is, however, frequently seen in children who are carefully and regularly washed.

General Treatment.—Rub the part affected with lard at night and wash in the morning with a weak solution of soda.

Medicine.

Sulph. 6.—Night and morning.

Snuffles.—This is a common affection in children. It is a kind of catarrh or "cold" in the head, but it is not always due to catching cold. It gives great annoyance to the child, and prevents sucking.

Medicines.—(Night and morning.)

Nux v. 3.—In general.

Cham. 6.—With much running of water from the nose.

Carbo v. 6.—When worse in the evening.

Merc. sol. 6.—Sneezing and thickish discharge.

Ant. t. 3.—When there is rattling in the throat, worse at night, as well as running from the nose.

Spasms or Convulsions.—Infants and children are much more liable to convulsions than persons in adult life. These are, therefore, of less significance in early life than when they occur later. But at any time they are a serious occurrence, and, whenever possible, medical aid should be sought without delay. They may occur in all degrees, from spasmodic twitching of the muscles of the eyes and face, or of the fingers and toes, and the thumb being pressed into the palm, or they may be general, the whole body being thrown into spasms. The commonest causes are disorders of the stomach and bowels, and the irritation of dentition.

General Treatment.—If no doctor is at hand, put the child's legs into water as hot as can be borne, and let them remain for five or ten minutes until the fit seems to be going off; then let them be wiped perfectly dry and wrapped in a warm wrapper. If the first immersion is followed by no relief, or a second attack speedily follows, it should be repeated, and cold water applied to the child's head at the same time. This may be repeated several times.

If the cause is known and removable, measures must be taken to remove it. If it is due to eating indigestible food, such as unripe fruit, an emetic or an enema of warm water must be given.

Medicines.—(To be given just as the fit is going off, if it is short. If it lasts long, or if the patient goes out of one fit into another, to be given immediately, and repeated every ten minutes until it has a decided effect, and then less often.)

Cham. 6.—Convulsive jerking of the limbs; twitching

of muscles of the face and eyelids, with constant motion of the head from side to side, followed by drowsiness, with the eyes half closed, and loss of consciousness; redness of one cheek and paleness of the other; constant moaning and craving for drink.

Bell. 3.—Child starts suddenly when asleep, or stares about wildly; pupils dilated; stiffness of one or more of the limbs or of the whole body; dryness and burning heat of forehead and palms of the hands; involuntary discharge of urine after the return of consciousness; slightest touch sometimes provokes a new fit; fit sometimes preceded by smiles and laughter.

Ignat. 3.—Sudden and violent starting from a light sleep with loud screaming and trembling of the whole body; when the muscles of single limbs are convulsed, and there is an occasional spasm of a muscle here and there in different parts of the body; when the fit returns every day at the same hour, or every other day about the same hour, and is followed by fever and perspiration.

Cina. 3.—Delicate children troubled with worms, or in the habit of wetting the bed; spasms of the chest, followed by rigidity of the limbs or whole body; itching at the nose and anus.

Opium 3.—Convulsions caused by fright, and attended with much trembling over the whole body, tossing of the limbs, and loud screaming during the fits; when the child lies unconscious as if stunned, or breathes heavily and with difficulty; distension of the abdomen, no stool or urine passed.

Hyos. 3.—Convulsions from sudden fright; twitching of muscles of face and foaming at the mouth.

Stram. 3.—Convulsions coming suddenly from fright, or, when occurring in fevers from repelled eruptions,

with tossing of the limbs, and involuntary evacuations of fæces and urine.

Sulph. 6.—Convulsions from repelled chronic eruptions.

Squinting.—This condition (which is due to loss of power of one or other of the muscles of the eyes, causing them to turn inwards or outwards, as the case may be) is commonly met with in children, and arises from a variety of causes. It is often due to worms. Association with other persons who squint will sometimes cause it. It follows fever at times. It may be due to the position of the light with regard to the child's bed: if the light is always on one side of the bed. It is often an inherited condition. If the condition is not recovered from, the patient habitually only uses one eye, and thus the other loses its seeing power, and by degrees becomes blind. This is a relief; for if the patient saw with both eyes, the focus of the two being different, he would never have a clear image.

General Treatment.—In many cases squinting is cured spontaneously—the child "grows out of it," as it is said. But this must not be trusted to, and if it persists any length of time, active treatment should be adopted. During sleep the light should be in *front* of the child—that is, the feet should be towards the window. If this cannot be managed, a screen must be placed at the light side of the bed. During the day the eye which is unaffected should be bandaged, thus compelling the child to use the weaker eye properly. When both eyes turn outwards, put bits of black court-plaster on the tip of the nose: if both turn inwards, put "blinkers" of shining silk on each side of the head.

Medicines.—(Night and morning.)

Bell. 3.—When there is great heat of the head.

Cina. 3.—When due to worms.
Rhus 3.—After scarlatina.
Gels. 3.—Squint from other causes, where the eye turns inward.

Teething or Dentition.—During the period in which the teeth are making their way through the borders of the jaws and the gums children are in a more or less precarious state of health. They are nervous, restless, and irritable, and are much more liable to suffer from nervous or other derangements than at ordinary times. There is often fever and sometimes convulsions; diarrhœa is also frequently met with. There is difficulty in sucking; the child is apt to bite the nipple suddenly. There is a constant flow of saliva from the mouth.

There are twenty teeth in the first set. The two middle (incisors) lower teeth usually appear first, at about six months old. Then the corresponding teeth (middle incisors) in the upper jaw, at about seven months. Very soon after these come the two lateral lower incisors, and after these the lateral upper incisors, the eight incisor teeth being complete about the ninth or tenth month. After this there is a pause of about two months. In the twelfth or fourteenth month the first four jaw-teeth (bicuspids), two below and two above, are cut; and soon after these, and springing between the latter and the outer incisors, the four eye-teeth or canines. This leaves only the four back-teeth (molars or "grinders" proper), which are cut at two or two and a half years.

There is often great irregularity in the times of appearance of the teeth. Some children are born with teeth, and some do not get any till they are more than a year old.

General Treatment.—Healthy children who are well cared for need not suffer at all during the period. The effect of teething is to put the child into a state in which he is very susceptible to disease, rather than to induce actual disease. The salivation and looseness of the bowels (provided the latter be not excessive) need not be regarded as diseases. The mother or nurse should pay great attention to her way of living, and avoid all indigestible or stimulating foods and drinks, especially spirituous and malt liquors. The child must be nursed at regular times, the nursery must be well ventilated, and whenever the weather is suitable the child must be taken out into the open air. Lancing the gums may be resorted to at times in children who are weak and irritable. It should only be done when the tooth can be felt, and the cut should be made down through the gum to the point of the tooth.

Medicines.—(Every two or three hours; oftener or less often according to the urgency or otherwise of the symptoms.)

Acon. 3.—Fever, with much restlessness, sleeplessness, and pain, the child crying and starting.

Bell. 3.—Convulsions; the convulsion is followed by sound sleep, which continues for a time, or until another fit comes on. The child starts suddenly from sleep as if frightened, and looks around as if terrified; pupils large, eyes fixed, the whole body becomes stiff; burning heat in palms of hands and temples.

Cham. 6.—The most useful of all medicines in teething. Child very uneasy at night; tosses about; wants drink often; wants to be constantly carried about; spasmodic jerks and twitches of the limbs during sleep; starts at slightest noise; general heat; redness of one

cheek, or of the eyes; moaning; agitation; short, quick, noisy breathing and oppression of the chest; hacking cough; mouth dry and hot; diarrhœa, with watery, slimy, and greenish stools, worse at night.

Ignat. 3.—Child arouses from light sleep with piercing cries, and trembles all over; frequent flushes of heat, followed by sweat; convulsive jerkings of single limbs.

Cina. 3.—Wetting the bed at night; grinding teeth; rubbing the nose; hard, distended abdomen; hard, dry cough.

Ipec. 3.—Nausea and vomiting, with diarrhœa; stools are mixed of different colours.

Merc. 6.—Copious salivation; red gums; green stools, with straining.

Calc. c. 6.—Teeth slow in appearing; especially suited to fair children inclined to be fat.

Sulph. 6.—Stools whitish, or hot and sour-smelling, excoriating the part.

Urine, Retained.—One of the first things for the nurse to observe is whether the child passes water properly. It not unfrequently happens that the water is retained, and the doctor's attention should at once be called to the fact.

General Treatment.—The common cause of retention is a narrow foreskin, and it may be advisable to have the operation of circumcision performed. When the cause is not mechanical, medicines will generally give relief. These may be given until medical help can be obtained.

Medicines.—(Every twenty minutes until relieved.)

Acon. 3.—To begin with.

Puls. 3.—If *Acon.* fails after a few doses.

Opium 3.—If required after these.

Vaccination.—Vaccination is the operation by which the disease called "vaccinia," or cow-pox, is communicated either to human beings or animals. There is a good deal of obscurity surrounding the question of the origin of the present supply of vaccine matter, and whether it is cow-pox, or horse-pox (as maintained by Jenner), or merely modified small-pox, the author cannot undertake to decide. But whatever its origin, inoculation with vaccine matter induces the disease now known by the name. This disease is characterised by the appearance a few days after inoculation of redness and swelling at the point where it was done, the development of a vesicle which becomes a pustule, swelling of the lymphatic glands in the neighbourhood, and swelling of the limb. These symptoms are attended with fever, varying in intensity and amount, and other constitutional symptoms, such as loss of appetite and disorder of the stomach. Generally, the acute symptoms subside in a few days, the pustules dry up, a scab forms, and, in three weeks after the inoculation, falls off, leaving the characteristic scar. But this is not always the course of the disease. Occasionally, instead of the ordinary vesicle and pustule, a hard ulcerating sore is formed, which lasts much longer than the ordinary time. Sometimes a general eruption something like small-pox may come out as well as the vesicle at the part vaccinated. A more common occurrence than either of these is a great increase of redness which always surrounds the vesicles when the inflammation is at its height. The whole limb may become red and swollen, and this may extend beyond the limb. The inflammation may spread to the chest from the arm, and then the condition is one of great danger. When the lungs are attacked, and

bronchitis develops under these conditions, the child rarely recovers.

Cow-pox is a blood disease, and, like all blood diseases, is liable to leave effects behind it when its proper symptoms have passed away. The chief *sequelæ* (as the remote effects of a disease are called) of vaccinia are an alteration of the constitution, which is met with in some patients after vaccination, rendering them less strong and more liable to catch ordinary complaints, and more severely affected by them when they do catch them; and a very obstinate kind of eczema. The risk of contamination with other human blood diseases may be to a certain extent avoided by using only calf vaccine. This, however, may transmit diseases of animals; and as the vaccine with which the animal was inoculated may have been derived remotely from a human vaccinifer, there remains still some risk of human contamination. In my opinion vaccination does frequently render a person less liable to be affected with small-pox, but the protection is not anything like absolute, and vaccinia itself is a serious disease. So serious a disease is it, and so great are the risks attending it that no one ought to be compelled to undergo it, or to have his children vaccinated against his will.

Moreover, it is easy at any time to immunise a person with a perfectly harmless preparation of either small-pox or vaccine virus, in homœopathic preparations, given by the mouth. This has received the name of "Internal Vaccination," and is accepted as valid in some of the States of North America. *Variolinum* 6 or 30, and *Vaccininum*, 6 or 30, given once a day for twelve or fourteen days will afford any one the protection needed and leave the blood pure.

General Treatment.—After vaccination a child should

be kept warm in well-ventilated rooms, and should be taken out in the open air when the weather is favourable. When the pustule begins to appear great care should be taken not to rub it in any way. The "shields" sold by the chemists are useful for protecting the arm from being chafed by the sleeve. If the arm is very red and inflamed, and the sore looks angry, a little vaseline may be smeared on the inflamed part.

Medicines.

Silica 6.—(Every two hours until relieved.) For the acute symptoms — swelling of the arm and of the glands ; eruptions.

Thuja 6.—(Once or twice a day.) For the remote consequences—chronic eruptions and constitutional effects.

Weaning.—The best time for weaning children is when they are ten months old. By this time the teeth are so far developed as to be able to bite. If the mother is delicate, and her milk not good, the child should be weaned much earlier—as soon as this is discovered, in fact. And if the child is delicate and suffering from the troubles of teething, if the mother is strong and her milk of good quality, weaning must be delayed till it is in better condition.

Before the time for weaning comes the child may be allowed to exercise its teeth on other food besides its mother's milk, so that it will be in a measure prepared for the change. The diet should consist of milk chiefly. Bread and milk, rusks and milk, milk puddings. *See also* **CHILDREN, Feeding of.**

The mother should be very careful of her diet until the secretion of milk has ceased, and live as low as possible. If the breasts become distended and painful,

they must be drawn occasionally, and rubbed with camphorated oil.

Medicine.

Puls. 3—Given every four hours. This will arrest the secretion of milk. *See also* **BREASTS.**

Whites.—It is not uncommon for little girls to be affected with a discharge of whitish mucus, like the whites of adults. It is usually due to some constitutional weakness; more rarely, to neglect of proper cleanliness.

General Treatment.—Frequent washing with lukewarm water will generally suffice to remove it.

Medicines.—Give a dose of *Calc. carb.* 6 if it persists, and let this be followed by *Puls.* 3 if *Calc.* does not complete the cure.

INFLUENZA. *See* **COLD.**

INFLUENZA (EPIDEMIC).—This is an infectious and contagious disease, depending on blood-poisoning by a specific contagion. The symptoms are fever, pains all over the body, especially the head and eyes; foul tongue, disordered stomach and bowels, and great weakness; symptoms of cough and cold.

General Treatment.—Rest in bed, warmth, support with nourishment in a digestible form, as long as the symptoms are acute. There is a modified form of the disease which requires care, but not necessarily either rest in bed or confinement to the house.

Medicines.—(Every hour when the symptoms are urgent.)

Baptisia 3x.—This is the most generally useful medicine. The indications are: Fever, soreness all over, coated tongue, dull, heavy, drowsy appearance.

Acon. 3.—High fever, restlessness, thirst, anxiety.
Phytol. 3.—Sore throat, headache, backache.
Bryon. 3.—Rheumatic pains, patient cannot bear to move.
Merc. sol. 6.—When sore throat is a prominent symptom. Symptoms worse at night, heavy perspiration which gives no relief.
Arsen. 3.—When there is much coryza, thirst, low, typhoid condition and prostration. (*Arsenicum*, if taken two or three times a day when an epidemic is present, will generally ward off an attack.)

IN-GROWING TOE-NAIL.—This is usually a consequence of cutting the nail at the sides too close to the quick. The result is ulceration of the part around the nail, which the continued pressure of the edge of the nail prevents healing. It may be due to constitutional causes.

General Treatment.—After washing the foot scrape the nail in the centre as thin as possible without hurting, and then cut the nail away in the centre, leaving the sides uncut. Place under the nail a piece of linen tape, so as to raise the sides of the nail, and prevent them growing into the sore or ulcerated parts.

Medical Treatment.—Apply to the sore part ointment of *Hydrastis* (3j of the θ tincture to an ounce of vaseline, or preparated lard), and give internally *Ac. nit.* 6 every two or three hours.

INTERMITTENT FEVER. *See* **AGUE.**

INTOXICATION. *See* **DRUNKENNESS.**

ITCH.—A good many skin affections, characterised by irritation and minute vesicles and pustules, are included under the term "itch," as popularly used. Strictly

speaking, the term should only be applied to the specific disease called *Scabies*, which is due to the presence of the itch-mite, called, *Acarus scabiei*. This mite is almost too small to be seen by the naked eye, but the female burrows in the skin, and there lays her eggs, and the burrows can be made out. The discovery of these burrows, or of the mite itself, is the only sure means of diagnosing the disease. When diagnosed, the treatment is simple—namely, to kill the mite by external applications. If there is a mistake in the diagnosis external applications may do harm. Sometimes when the eruption is very extensive, it is not so easy to get rid of the irritation set up by the parasite ; when there is a constitutional tendency to skin disease, it may last long after the mite itself has disappeared. For the itch-mite is not the whole of the disease. There is a constitutional basis which favours its development. Therefore any attempt to get rid of the disease by violent, external measures often leads to life-long suffering.

General Treatment.—As soon as the disease is discovered, the patient should take a bath in hot water, and soap well all over. When dry he should anoint himself with *oil of lavender*, which kills both insects and eggs. He should then have a complete change of bed-linen and under-linen. This will in most cases suffice to remove the disease. A second application may be required. If the skin irritation does not subside when the cause is removed, the constitutional element in the case will require constitutional treatment.

Medicines.—(Two or three times a day.)

Sulph. 6.—This is the most useful remedy in a general way ; the irritation is aggravated by warmth of the bed·

Merc. 6.—If the eruption becomes eczematous, or if the pustules become larger.

ITCHING.—This is generally a symptom of some other disease, but it may constitute a disease in itself, when it is called *prurigo.*

General Treatment.—Wash frequently in warm water, with soap. If particular parts are affected, rub them with olive oil; if the itching is more troublesome at night, wash the parts with brandy; if the whole body is affected, wash in water in which *spirit of camphor* has been mixed (an ounce to a pint). Elder-flower water is also a useful application. It may be dabbed on the parts affected.

Medicines.—(Every night, if it comes on at night; morning and night, if at other times.)

Sulph. 6.—The remedy most generally useful.

Nux v. 6.—Itching commences on undressing.

Arsen. 3.—After *Nux,* if not sufficient.

Ignat. 3.—After getting into bed, as if caused by insects when scratched, the itching moves from place to place.

Puls. 3.—Coming on when warm in bed.

Merc. 6.—When warm in bed and continuing all night, scratching causes bleeding.

Rhus 3.—Intense burning with the itching.

ITCHING OF ANUS.—When this is due to the presence of worms in the lower bowel or to piles, these affections must be treated, and the itching will disappear with them. When the itching arises independently, special treatment must be adopted.

General Treatment.—Let the patient abstain from coffee, sugar, pastry, and rich foods of all kinds. Rub the part at night with sweet oil. If this fails to allay the irritation, use instead Verbascum ointment (a tea-

spoonful of *Verbascum* θ to two tablespoonfuls of fresh lard).

Medicines.—Night and morning.

Nux v. 3.—Worse sitting or moving; after taking stimulants and spiced food or coffee. In sedentary people; in pregnancy; if the anus is so constricted that natural stools are passed with great difficulty; dull shooting pains or jerking in the small of the back.

Sulph. 6.—Itching, burning pain and soreness in and around the anus; moisture, feeling of fulness and heaviness, and sometimes prolapse; constant straining; stinging pains in the small of the back; stiffness of the back.

Ignat. 3.—Great irritation; tendency to prolapse; in nervous, hysterical, taciturn, feeble-minded and dejected subjects.

JAUNDICE.—When from any cause the bile secreted by the liver is unable to pass away by its natural channels into the intestines, there to mix with the food, it is absorbed into the blood, and carried all over the body, part of it being eliminated by the kidneys, and, passing away by the urine, to which it gives a deep stain, and part of it finding its way into all the tissues of the body, and turning them yellow. This condition is called jaundice. It is sometimes a symptom of disease of the liver itself, but generally due to an affection of the bile ducts, temporarily preventing the passing away of the bile. According to the cause of the jaundice will be the gravity of the case, and the general symptoms of the patient will decide which it is. When jaundice comes on suddenly, and the health is not severely impaired, fever being present or not, it is simple

jaundice. It may arise from many causes, among which may be named—A chill, acute indigestion, a fit of passion, the action of drugs, such as mercury and cinchona.

The **symptoms** of jaundice are, first and foremost, the yellowness of the tissues. This is first seen in the whites of the eyes, but rapidly spreads over the whole surface of the body. When overflow of bile becomes very intense the colour passes from yellow to green. Other symptoms are derangement of the digestion, loaded tongue, often vomiting, loss of appetite, and constipation, the stools being quite devoid of colour when they pass. As the patient gets better all these symptoms gradually subside, but the discoloration of the skin is often a long time in passing away.

General Treatment.—The patient must be kept in bed, and fed on the lightest diet—barley-water, thin gruel, skim-milk. If there is much itching, sponging with vinegar and hot water (one pint in six) is agreeable.

Medicines.—(Every two hours.)

Bry. 3.—Great pain and tenderness in liver region; patient cannot bear to be moved; relief from lying on affected side

Merc. 6.—The most useful medicine, if it has not been already abused.

China 3.—If mercury is the cause.

Hepar 6.—If *China* is not sufficient.

Sulph. 6.—In irritable persons who are subject to the disease from the slightest cause.

Cham. 6.—When arising from fits of passion.

Nux v. 3.—If *Cham.* is insufficient.

Opium 3.—Great itching; violent attacks of yawning.

JOY, ILL EFFECTS OF.—*Coffea* 3 every half-hour.

KIDNEYS.—The kidneys are liable to diseases of many kinds. They are all serious, and should not be treated without medical advice. Perhaps the commonest is congestion, due to chill, the symptoms of which are suppression of urine or great diminution in its quantity, and pain in the back; often there is vomiting at the same time.

The treatment for this is to put the patient to bed, with hot bottles to his feet, and hot flannels to the small of the back, and plenty of blankets over him; the lightest of light diet must be given, including plenty of Barley-water, and *Aconite* 3 every half-hour until the doctor can be summoned.

KNEE, SWELLING OF.—In general, swelling of the knee is due to **Rheumatism**, under which heading the treatment will be referred to. In children, swelling of the knee, when not due to rheumatism, is a symptom of disease of the bone or cartilages. It is often called White Swelling. This is a very serious disease, and demands great attention from the outset, as it may be arrested if taken at the beginning.

General Treatment.—The child's general health must be attended to. It should receive generous diet, abundance of milk and cream, and should be given cod-liver oil, if it does not disagree. If possible, it should be sent to some dry, high-lying locality or chalky soil. It should be out in the air as much as possible, in a bath-chair or other easy carriage.

Medicines.—A dose of *Sulph.* 6 should be given night and morning for a fortnight, to be followed by *Calc.* 6, given in the same way.

LABOUR. *See* **CHILD-BIRTH.**

LAUGHTER, UNCONTROLLABLE.—*Croc.* every ten minutes. *Phos.* in the same way, when there is laughing at serious things.

LIPS.—The lips are subject to become sore, cracked, dry, and scaly, or swollen, sometimes in connection with cold, sometimes independently.

General Treatment.—The best application for sore lips, in a general way, is *Vaseline*, to be applied at bedtime. Also *Lanoline Cold Cream.*

Medicines.—(Every four hours.)

Nat. m. 6.—Sore lips from cold ; "cold blisters ;" crack in the centre of the lips ; swelling of upper lip.

Arsen. 3.—Scurfiness or rawness round the red of the lips.

Hepar 6.—Swelling of the upper lip.

LIVER.—The liver is liable to become deranged by many causes, chiefly indiscretions in diet. This will be found discussed under the heading **BILIOUSNESS.** The liver may also be the seat of **Pain** or **Inflammation.**

Liver, Pain in.—Pains under the ribs of the right side, shooting up into the chest, or downwards into the liver, and associated with pain in the space between the shoulder-blades, arise from the liver.

General Treatment.—If the pains are severe, rest in bed will be necessary, light diet, avoiding all rich or fat food. Application of dry heat to the part where the pain proceeds from.

Medicines.—(Every hour, until relieved.)

Acon. 3.—If with the pain there is feverishness, restlessness, and an anxious frame of mind.

Bry. 3.—Pressure, pain in the liver region (under the ribs of the right side), fulness and tension ; pain made

worse by movement and breathing; oppression of the chest; thickly coated tongue, white or yellowish, bitter taste in mouth.

Merc. 6.—Pressure, pain not allowing patient to lie on the right side; bitter taste in the mouth; want of appetite; continued shivering.

Sulph. 6.—If the case drags, *Sulph.* may be given for a day or two.

Liver, Inflammation of.—When the above symptoms are present in aggravated form, and the fever is high, inflammation is present. The same treatment is applicable, and should be persevered in until medical aid can be obtained.

Inflammation of the liver, when following dysentery or Indian fevers, generally ends in the formation of *abscess of the liver*, which is an exceedingly dangerous disease. The ordinary inflammation which affects the capsule (the covering membrane) of the liver does not tend to form abscess. An exudation is thrown out on the surface, and the consequence of this may be adhesion to the abdominal wall. The symptoms of this are much the same as those described above under **Pain in the Liver**, and the same medicines, when the symptoms indicate them, must be given. In **Abscess** the principal medicines are *Hepar* and *Mercurius*. When the abscess points externally, it will be necessary to treat the case surgically, and make an opening into the liver to let the matter out. *See also* **JAUNDICE.**

LOCK-JAW.—After injuries or operations an affection of the nervous centres is apt to supervene, resulting in throwing all the muscles of the body into a state of rigid contraction. The first symptoms of this disease are usually seen in the muscles of the face and jaws, causing tight closing of the latter, so that the patient

is unable to open his mouth. This is always a condition of great danger, and should be at once reported to the attending physician or surgeon. The active cause of the disease has been traced to poisoning by a specific bacillus. The same condition may be caused by poisoning with strychnine and the drugs containing it.

General Treatment.—The wound should be looked to, cleansed thoroughly, and washed with *Calendula* lotion. (One part of the tincture to ten of water.)

Medicines.—(Every hour.)

Acon. 3.—If there is fever, restlessness, or fear of death.

Ignat. 3.—If fretful and irritable.

Nux v. 3.—Spasms, excited by the lightest touch.

LUMBAGO. *See* **BACK.**

LUNGS, BLEEDING FROM.—It is not by any means always that spitting of blood means bleeding from the lungs. The blood may come from the back of the nose, from the throat, or from the mouth itself. Streaks of blood in the expectoration in cases of bronchitis or inflammation of the lungs do not signify much ; it is a common symptom of these complaints. Bleeding from the lungs, when it is of any amount, is accompanied by chest symptoms. It appears to the patient to come from a considerable depth ; it is warm, generally tastes sweet, the taste being experienced before the blood comes up. At times there is a painful, burning sensation in the chest.

Bleeding from the lungs, though always alarming, is not so immediately dangerous as is commonly supposed. Even when large quantities come up it is not usually fatal at the time. (In the cases where the

bleeding is immediately fatal the source of it is usually aneurism, or disease of an artery and not the lungs.)

Diagnosis.—Bleeding from the lungs (blood-spitting, *Hæmoptysis*) is distinguished from bleeding from the stomach (vomiting blood, *Hæmatemesis*) by the presence of cough and chest symptoms, notably rattling sounds heard on listening to the chest, and by the blood being either pure or mixed with frothy phlegm. In blood-*vomiting* the blood is not brought up by a cough, but by an act of vomiting, and it is generally blacker, and altered by the action of the digestive fluids. In bleeding from the nose, blood may run down the throat in sleep, and may be brought up by vomiting, but in this case there is generally blood to be found on the handkerchief on blowing the nose, or a history of previous nose-bleeding.

General Treatment.—Bleeding from the lungs is almost always one of the accidents of consumption. But it is an accident which requires special treatment. It sometimes results from a blow on the chest. Though not so dangerous as it is usually considered, it is always so serious as to demand prompt treatment. As soon as the first symptoms appear, absolute rest must be enjoined, the patient lying with the head and chest well supported with pillows. The room must be kept cold and well aired, and only cold food of the lightest description and cold drinks taken. When the bleeding comes on the patient must be given ice to swallow ; cloths dipped in ice-water should be applied to the lower abdomen.

Medicines.—(Every half-hour.)

Acon. 3.—Full sensation in the chest, agitation, uneasiness, anxious, pale countenance ; when the slightest attempt to clear the throat brings up blood.

Ipec. 3.—Taste of blood, with short cough ; mucus mixed with blood ; nausea and weakness.
Arn. 3.—If caused by violence ; blood clotted, and raised easily ; when the blood is bright red, frothy, mixed with small clots and mucus, raised with slight cough ; coughing produces shooting pains in the head, and all the ribs feel as if bruised.
Phos. 3.—Frequent bleedings of small amount.
Ham. 3.—Dark, clotted blood.

LUNGS, CONSUMPTION OF. *See* **CONSUMPTION.**

LUNGS, INFLAMMATION OF.—The first symptom of Inflammation of the lungs—or *Pneumonia*, as it is technically called—is a severe chill, followed soon by fever, which continues. The breathing becomes rapid, and pain in the side is complained of. There is a frequent cough, sometimes in long spells. At first the cough is dry, afterwards tough mucus, coloured like rust, is brought up. The patient lies on the back, or on the side affected ; he wants to be let alone. The face is deeply flushed. When left to itself, pneumonia either goes on to death, or, more commonly, there is, after three or four days, a sudden subsidence of the symptoms ; the fever disappears, the skin, instead of being dry, perspires profusely, and the pain and distress disappear, and the cough becomes loose. Under proper treatment the symptoms may be modified from the first, the dangerous crisis is never approached, and the decline of the disease is gradual. It is now recognised that pneumonia may depend on a specific micro-organism, the presence of which, in addition to chill, is necessary to determine the disease. There is a form of pneumonia which is infectious.
Diagnosis.—Inflammation of the lungs must be dis-

tinguished from pleurisy and bronchitis. For the distinctive signs of each of these diseases, *see under* **BRONCHITIS.**

General Treatment.—The treatment of pneumonia is the treatment of all acute fevers—rest in bed, light diet of milk, gruel, beef-tea, sponging two or three times a day with hot water (in which one-sixth part of vinegar may be mixed—unless *Aconite* is being taken, vinegar being an antidote to *Aconite*), and, if the pain is severe, poultices to the side affected. Poultices should not be applied continuously. A linseed poultice should be allowed to remain on as long as it keeps hot, and after it is taken off medicated cotton-wool applied and kept on for two hours. Poultices applied in this way interruptedly have better effect than if continuously applied.

Medicines.—(Every hour, or even half-hour, according to the urgency of the symptoms; the intervals between the doses being increased as they subside.)

Acon. 3.—In the beginning, hot, burning skin; hard, full, and frequent pulse; rapid breathing and violent thirst; great anxiety, either accompanied by pain in the chest or not; dry cough.

Bry. 3.—After *Acon.*; cough, with expectoration of tough mucus of a reddish or rusty colour; great difficulty of breathing, and stitches in the side or chest; pain increased by movement; mouth dry, yellowish or dark-coated tongue, great thirst and constipation.

Phos. 3.—Cough painful, chest oppressed, breath crackling, heart-beats frequent, rusty expectoration.

Sulph. 6.—Useful after other medicines, especially *Acon.*; frequent faint spells; flashes of heat; heat on the top of the head; when the disease remains stationary.

Antim. tart. 6.—Especially suitable for old people and infants ; oppression of the chest ; much rattling of mucus ; expectoration of frothy mucus ; great weakness, nausea, tendency to vomit ; liver pain.
Arsen. 3.—When the fever takes on a low type—*Typhoid pneumonia*, as it is called. Delirium, stupor, prostration, dry tongue ; anxious restlessness ; much thirst, the patient drinking only small quantities at a time ; face pale and anxious.
Lycopod. 6.—Typhoid pneumonia when the cough is loose, or a constant hacking ; face red in circumscribed patches ; sweat without relief ; patient always worse in the afternoon. *Lycopod.* is also useful for clearing away the remains of the pneumonia when all the acute symptoms have gone.
Rhus 3.—In typhoid pneumonia when there is extreme restlessness, tearing cough, tongue red at the tip, great drowsiness.

MEGRIM, or **MIGRAINE.** *See under* **HEADACHE**, Sick Headache.

MEASLES.—An eruptive fever depending on a specific contagion. After exposure to infection the disease takes from ten to fourteen days to manifest itself. The first symptoms are those of a common cold, with a short, dry, distressing cough. In from two to five days the eruption appears. It comes out first on the forehead at the hair-roots, or behind the ears, in small raised red spots, which gradually spread over all the body, numbers of them joining in forming crescent-shaped patches. In about four days from its appearance it begins to die away, and leaves bran-like scales, which, however, are so

fine that they may escape notice. These scales are not infectious, like those which come off after scarlatina. With the first catarrhal symptoms of measles there is often high fever. Before the eruption comes out the fever frequently subsides, returning with the eruption, and increasing as the eruption spreads. The catarrhal symptoms increase at the same time; the tongue is loaded, there is often nausea and vomiting, and diarrhœa; the cough becomes more troublesome, and robs the patient of rest. As the eruption fades, in favourable cases, the other symptoms leave the patient. But this does not always follow. Measles is peculiarly apt to leave behind it other diseases—of the ears, the eyes, the chest, and the glands—and if these come on the fever remains till the acute stage has passed away. It is the risk of these attendant diseases that makes measles a more serious disease than it would be otherwise; though epidemics of a very fatal intensity do at times appear.

Diagnosis.—The catarrhal symptoms are the chief characteristic of measles as distinguishing it from scarlatina—the watering at the eyes, cold in the head, and cough. The eruption also appears differently; it comes first on the forehead, behind the ears, and on the face; in scarlatina it appears first on the chest. German measles has fewer catarrhal symptoms—more sore throat and less distinctly spotty character of eruption; also the symptoms of German measles are generally less severe than those of either measles or scarlatina. In the preliminary stage of measles, when there is nothing but catarrh present, it is impossible to distinguish it from an ordinary influenza cold or the beginning

of whooping cough. Generally, however, the fact of measles being about is enough to excite suspicion, and cause the attendant to be on the look out for spots.

General Treatment.—Uncomplicated measles requires little treatment of any kind. Keep the patient in bed, in a darkened but well-ventilated room, out of draughts, and well wrapped up. On no account must he be exposed to catching cold. The hands and face may be sponged once or twice a day, but no other washing must be indulged in until the fever has gone. Unless the case is prolonged, the body linen must not be changed, and a bed-pan must be used for the evacuations.

The diet must be the usual fever diet—gruel, barley-water, milk, and beef-tea, with plain water to drink, as much as the patient desires. Orange juice may be given if the patient likes it.

Medicines.—(Every hour or two according to urgency.)

As a routine practice I find it useful to give *Morbillin* 30 and *Belladonna* 3, every one or two hours in alternation. *Morbillin* is the *nosode* of measles, and contains the homœopathic properties of the disease virus. The dose is one pilule, which may be given dry or one drop in a dessertspoonful of water. These two remedies will control a large proportion of cases. If others are required the indications will be found below.

Acon. 3.—At the beginning. If the fever is violent, hot, dry skin; heat in head, giddiness, redness of eyes, great weakness.

Bell. 3.—The special indications for this remedy are: Throat sore, with thirst; difficulty of swallowing; shooting, contracting pains in throat; dry, hacking,

spasmodic cough : worse at night ; congestion to the head ; delirium.

Puls. 3.—When the catarrhal or "cold" symptoms are very marked ; desire to be uncovered.

Bry. 3.—Congestion to the chest, and shooting pains or stitches, increased by taking a deep inspiration with violent dry cough.

Sulph. 6.—If the eruption fails to come out properly after *Acon.* or *Puls.* ; where there is congestion of the lungs.

For sequelæ of measles, *see* **BRONCHITIS, COUGH, EARS, EYES, GLANDULAR SWELLINGS.**

MEMORY, WEAKNESS OF.—This is usually a symptom of general weakness, and is best corrected by remedies that are suited to the constitutional state.

General Treatment.—When it is the result of overtaxed brain, cessation from mental labour, with generous feeding and open-air life, is the remedy. If the bodily powers are exhausted also, complete rest in bed for a week must be enforced before active exercise is allowed. When loss of memory arises in connection with general **DEBILITY,** the treatment described under that heading must be enjoined. When loss of memory is the only permanent symptom of the case, one or other of the following remedies will help :—

Medicines.—(Two or three times daily.)

Acon. 3.—When caused by fright.

Staph. 3.—After vexation,

Arn. 3.—From a blow on the head.

Nux v. 3.—From indulgence in spirituous liquors.

Nat. m.—In people who are always chilly.

MENSTRUATION.—From the age of fourteen to the age of forty-five women are subject to a discharge of

bloody fluid every four weeks. The age at which it commences is sometimes earlier and sometimes later than fourteen, and the same may be said of the period of its cessation. The ages named are the average, and any variation from these must not be regarded as meaning disease. The duration of the period during which the flow occurs is about five days, but this again is subject to great variation, as is the interval between the times. Only when the variations are extreme do they constitute disease. Most women feel a sense of fulness and a little restlessness for a few hours before the flow commences. This is relieved when the flow is fully established, and when it is over a feeling of well-being succeeds. This again is the normal progress of the period ; but, like everything else connected with it, this is also subject to variation. The slight malaise may be increased to fainting and prostration ; the period may be preceded or accompanied or followed by pain in the body or back or distant parts, of all degrees from very trifling up to most agonising. The flow may also vary in its character as well as in its time of duration. Sometimes it lasts for a day and sometimes fourteen days ; it may be thin and scarcely coloured, or it may be in clots. Each of these peculiarities as it constitutes disease will be discussed below. When menstruation is natural and healthy all that need be done is to take especial care not to take a chill during the time that it lasts. The clothing must be warm, and all exciting or exhausting pursuits must be as far as possible avoided. Sea-bathing must be particularly avoided. This caution is needful for strong young women, who have such confidence in their strength that they think they can do anything. The most serious consequences have followed this The affections

incidental to the period divide themselves into the following headings:—**Appearing Late, Deficient (Scanty, Absent,** or **Checked), Excessive,** and **Painful.**

Appearing Late.—The late appearance of the menses need cause no alarm if the general health does not suffer. Quack nostrums which are advertised for bringing them on must never be taken. Many a young woman has had her health completely destroyed by having recourse to these. A temperate mode of life, the avoidance of all alcoholic stimulants, coffee and strong or green tea; care in clothing, especially seeing that the feet are kept warm and dry; moderate open-air exercise—these are the best means to preserve the general health and favour the natural functions. It often happens that the state of the general health is the cause of their non-appearance. When, in addition to their absence, there are other bodily ailments, the following medicines will be found useful:—

Medicines.—(Two or three times a day.)

Puls. 3.—Suited to patients of a mild and easy disposition. Pain in lower part of abdomen and across the small of the back; giddiness, fulness about the head and eyes; chilliness, cold hands and feet; sour taste in the mouth after eating; nausea and vomiting; loss of appetite, with desire for acids, and palpitation; disinclination for exercise, alternate laughing and crying, sadness, melancholy, painfulness of the head; the symptoms are worse in the afternoon and before midnight; pains frequently change from one place to another; symptoms are better in the open air while exercising.

Sulph. 6.—After *Puls.*, when the latter has been insufficient, and in all cases which drag, especially if the patient complains of heat in the head, giddiness,

and palpitation, short breath, loss of appetite, sickness after eating, loss of flesh, and depression.

Verat. 3.—Cold hands and feet; disposition to diarrhœa.

Phos. 3.—Delicate women, slightly made, weak chest, lively disposition, and tendency to lung disease; hacking cough with expectoration of blood at the period when the menses might be expected.

Deficient (Scanty, Absent, or Checked).—In low conditions of health, and in the course of all wasting diseases, the menses are apt to disappear, gradually becoming scantier and paler each month, and at last ceasing altogether. When the health is restored the courses will reappear without any special treatment. In this case the general health is all that needs to be attended to. For the special condition known as *Green-sickness* or *Chlorosis*, *see* **ANÆMIA.** When the courses cease suddenly whilst the woman is otherwise in a state of health the condition is in itself more serious. The chief causes are exposure to cold, and especially getting cold feet, fatigue, and powerful mental emotions. Usually it is accompanied by constitutional symptoms, and needs proper attention, or serious disease of some kind, such as internal inflammation, will result.

General Treatment.—This is chiefly preventive. Women must be especially careful about the time of the period to avoid chilling and over-fatigue. The feet must be kept warm, and the shoes must be good. Rapid cold sponging in the morning, followed by brisk rubbing, may be allowed, if the woman is used to a morning cold bath; but there must be no getting into cold water. Sea bathing is especially dangerous. If a chill has been taken, a hot foot-bath must be taken at once, and if that does not suffice to restore warmth to

the whole body she must be put into a warm bed, with a hot bottle to the feet, and covered with a good supply of blankets. Hot drinks must be given at the same time.

Medicines.—(Every hour till reaction sets in. Then at increasing intervals.)

Acon. 3.—After a chill or fright; the special indications are, congestion of blood to the head and face; redness of the face; giddiness, nausea, faintness; throbbing or shooting pains in the head, sometimes attended with stupor or delirium, feverishness, restlessness, hot, dry skin. If *Aconite* is taken at once when a chill has been taken, all the effects will be warded off.

Puls. 3.— If *Acon.* has not been taken at the first, *Puls.* is the chief remedy. It is especially useful after exposure to cold and damp, the chief indications being headache, chiefly on one side, with pains extending to the face, ears, and teeth; palpitation; feeling of suffocation; flushes of heat; nausea and vomiting; pressure at the lower abdomen; frequent desire to pass water; whites. It is especially suitable for persons of mild, easy disposition, with a tendency to shed tears, and melancholy.

Verat. 3.—In nervous headache; hysterical affections; frequent nausea and vomiting; pale, earthy colour of the face; coldness of the hands, feet, or nose; great weakness, with fainting fits.

Nat. mur. 6.—In debilitated, anæmic subjects, chills, cold feet, tendency to constipation.

Sulph. 6,—Pain in the loins; paralysis and weakness in the limbs; irritability of temper or disposition to melancholy; pressing headache, at the back or over the eyes; heat and throbbing in the head; confusion, giddiness; dim vision; dark circles round the eyes;

voracious appetite ; sour stomach ; sour and burning eructations ; heaviness in the abdomen ; constipation, with tendency to piles.

Excessive.—Under this heading are classed cases in which the flow is too copious though the period is not prolonged ; those in which it is too copious, and the period also prolonged ; and those in which the periods recur too frequently, whether the flow is too copious or the time too prolonged or not. The effect of a woman losing too much every month is, as might be expected, the inducing of a state of languor which is hardly recovered from during the intervals. It is generally accompanied by pains in the back and body, and in the interval there is apt to be leucorrhœa.

General Treatment.—This will consist in care of the general health both during the interval and during the period. Warm clothing and generous, unstimulating diet are essential ; cold sponge-bath in the morning during the intervals, followed by brisk rubbing with a rough towel, if reaction can be obtained. During the period the patient should lie down as much as possible.

Medicines.—(Three times a day during the interval ; every two hours during the period.)

Calc. c. 3.—When the period is always before its time and too copious. In chilly subjects ; pale, cold, clammy hands and feet.

Nat. mur. 6.—Profuse flow ; in anæmic subjects with earthy complexion, tendency to constipation ; chilly.

Ipec. 3.—Profuse discharge of bright red blood ; when there is nausea.

Crocus 3.—Dark, clotted, stringy, very copious, too early.

Sabina 3.—Too profuse, too early ; flow commencing and leaving again ; pain in body.

China 3.—Accompanied with great debility ; flow excessive and lasting a long time ; debility afterwards.

Painful.—Most women feel a certain amount of discomfort at some part or other of the period, but in the majority it is not of such a degree as to constitute disease. Only when it is so serious as to interfere with the discharge of the usual duties does it need special attention. The pain is experienced severely in the lower abdomen, in the loins, lower part of the back, and in the limbs. It is of various characters—colicky, spasmodic, grinding, pressing, dragging, or bearing down.

General Treatment.—Painful menstruation, or *Dysmenorrhœa*, as it is called, is often an expression of a low state of general health, just as neuralgia is, and often means over-work and under-feeding. When these conditions are remedied the affection disappears, and the period is passed through without difficulty. When attention to the general health is not sufficient to remedy the evil, recourse must be had to medicines.

Medicines.—(Every hour during the attack, or oftener if the pains are very severe ; two or three times a day during the interval.)

Caulophyl. 3.—Violent, writhing pains in the body and back. One of the most useful of all medicines in the disease.

Cham. 6.—Pressure from the small of the back towards the front of the abdomen and downward ; colic, with tenderness of the lower part of the body when touched ; discharge of dark-coloured, clotted blood.

Puls. 3.—Heaviness, as if from a stone in the lower abdomen ; violent pressure in lower part of abdomen

and small of back, attended with sensation of numbness extending down the thighs, felt most when sitting; pressure in lower bowel, with frequent ineffectual calls to stool; frequent desire to pass water.

Nux v. 3.—Writhing pains in the body, accompanied by nausea; pains in back and loins, as if dislocated; feeling as if bruised in bones of pubis; frequent desire to pass water.

Verat. 3.—Colicky pain, with nausea and headache; cold sweat on forehead in the paroxysm; cold feet, hands, nose, great prostration, fainting.

Cessation of. *See* **CHANGE OF LIFE.**

MILK.—Every mother should suckle, if possible both for her own sake and her child's. It is the natural physiological process, and cannot be set aside without risk. The breast and the uterine organs are connected by a most close bond of sympathy, and the woman who suckles her infant has a much better chance of escaping uterine disorders than she who does not. There are certain irregularities in the secretion of milk which may need medical attention. There may be too little or there may be too much, and it may escape involuntarily.

Milk, Excessive Secretion of.—When there is excessive secretion of milk the breast distends and becomes painful. Sometimes it flows away involuntarily. The consequence is that the patient becomes weak and thin.

General Treatment.—The patient must avoid stimulants and rich food. Her diet should be farinaceous chiefly, with not much milk. If there is much weakness she should have complete rest in bed.

Medicines.—(Every three or four hours.)

Calc. c. 6.—The most useful remedy in this condition.

Rhus 3.—If there is much engorgement and pain.
Phos. 3.—Great weakness, irritability.
Chin. 3.—Weakness following excessive secretion.

Milk, Involuntary Discharge of.—This usually comes on, when it comes on at all, soon after confinement, and is very annoying to patients, keeping them continually wet.

Medicines.—(Every three or four hours.)
Rhus 3.—When from over-distension.
Calc. c. 6.—When in pale, stout subjects.
Puls. 3.—In blonde, impressionable women, of mild disposition.
Chin. 3.—When due to debility from loss of fluids.

Milk, Suppressed Secretion of.—This may occur from exposure to cold, from sudden violent emotions, or from over-fatigne. The result is congestion of some internal organ, fever, or rush of blood to the head.

General Treatment.—The patient must be put into the most favourable condition at once for regaining the lost balance. She must be placed in a warm bed, with hot bottles to the feet, and must have very light, warm diet.

Medicines.—(Every half-hour until reaction sets in.)
Puls. 3.—If given at the outset *Puls.* will generally check the whole train of symptoms and restore the flow.
Acon. 3.—Fever, hot, dry skin, restlessness, anxiety.
Bry. 3.—Pain and engorgement of the breasts.
Bell. 3.—Flushed face, bright eyes, headache, fever
Calc. c. 6.—After the acute symptoms have passed.
See also **BREAST** and **INFANTS, Weaning.**

MILK-CRUST. *See under* **INFANTS, Milk-Crust.**

MILK-FEVER.—Generally the milk does not come

until twelve or twenty-four hours after delivery. Sometimes it is delayed for a day or two. It may come without any trouble, or there may be pain and constitutional disturbance, which goes by the name of "milk-fever."

General Treatment.—This is the treatment for all feverish states—quiet, fresh air without draught, light diet. An *Arnica* compress (five drops of the tincture to a wineglassful of water) may be applied once or twice a day; or the breasts may be gently rubbed with camphorated olive oil; or bathe them with hot lard, and afterwards cover them over with medicated cotton wool.

Medicines.—(Every hour or two.)

Arn. 3.—Distension, soreness, or hardness of the breasts. *Arnica* may be applied locally in the form of a compress; the strength should be five drops of the tincture to a wineglassful of water.

Acon. 3.—Much fever, hot, dry skin; redness of face; breasts hard and knotted; restlessness, anxiety, discouragement.

Bry. 3.—After *Acon.*; oppression of the chest; violent pain in the head, constipation, pain in the breasts, engorgement.

Cham. 6.—Nervous excitement and restlessness.

Puls. 3.—Great distension of the breasts; soreness and rheumatic pains extending to both shoulders down to the arms.

MILK LEG. *See* **WHITE LEG.**

MISCARRIAGE. *See under* **PREGNANCY.**

MORNING SICKNESS. *See under* **DRUNKENNESS** and **PREGNANCY.**

MOUTH, INFLAMMATION AND SORENESS OF, SCURVY.—It is common for the mucous membrane of the mouth to become sore, inflamed, and dry ; or to be the seat of shallow ulcers, or for the gums to become spongy and bleed. This last is one of the chief symptoms of the disease called scurvy. Severe cases of ulceration of the mouth are usually due to blood-poisoning, and will need special treatment. The cause of inflammation of the mouth and scurvy is generally defective diet or some irregularities in living, want of proper cleanliness and attention to the teeth, or the action of mercury. Scurvy may be brought on by excessive use of sugar, want of fresh meat and vegetables, and even by excessive use of lime-juice when taken as a preventive.

General Treatment.—The diet is the chief thing in most affections of the mouth. In scurvy all salt provisions should be avoided, and fresh meat, vegetables, and milk given in abundance. Where excessive indulgence in sugar is the cause, this must be left off. Lemons are especially good in scurvy. To prevent soreness of the mouth it is well to rinse it with cold water after every meal, and brush the teeth with a soft brush. A wash made with borax (a teaspoonful of the powder dissolved in a pint of hot water and allowed to cool) is very useful in ordinary sore mouth.

Medicines.—(Every four hours.)

Merc. 6.—In all cases of scurvy or sore mouth where the gums are tender and bleeding. (When mercury is itself the cause some other medicine must be given, as *Carbo veg.*)

Carbo veg. 6.—For sore mouth caused by mercury or salt. Gums bleed and smell offensively.

Arsen. 3.—Great debility, low feverish state, burning in ulcers.

For **THRUSH**, *see under* **INFANTS.**

MUMPS.—This is an infectious disease, manifesting itself in swelling of the large salivary gland which lies in the cheek in front of the ear, and also partly in the neck below the ear. First one side of the face swells, and then the other. There is a good deal of fever and general distension, the tongue is rather white, the mouth smells unpleasantly, and there is a loss of appetite. The fever is irregular, but it lasts in general about a week. There is no danger, as a rule, but if the disease leaves the gland and attacks other parts, such as the heart, the testicles, or the brain, the condition becomes very serious. The incubation period is from eight days to three weeks.

Diagnosis.—The enormous swelling of the face, with pain, tenderness, salivation, and fever, and the absence of gumboil, or anything else to cause the swelling, sufficiently distinguish mumps from any other disease. In erysipelas there is much swelling, but it is not so definitely confined to the parts about the jaw and ear, and there is more redness of the skin.

General Treatment.—The greatest care must be taken to prevent chills. The usual diet for fever cases must be given, and measures taken to ventilate the room properly without causing draughts.

Medicines.—(Every hour or two.)

Merc. 6.—Is sufficient of itself in most cases.

Bell. 3.—Face swollen or red, and like erysipelas; brain affected.

Puls. 3.—If the inflammation leaves the gland and goes to the testicle.

Carbo veg. 6.—Swelling hard, and lasting a long time.

Rhus 3.—Swelling dark red, affecting left side.

NÆVUS.—This is a tumour composed of blood-vessels. It is usually discovered at birth, and is known popularly as a "mother's mark."

General Treatment.—Nævi are usually treated surgically, but before resorting to such measures medicines should have a thorough trial. If they are in inconspicuous places and give no trouble, nothing need be done.

Medicines.—(Night and morning persistently for months.)

Thuja 6.—To begin with.

Calc. c. 6.—After *Thuja*.

Arn. 3.—Bright red, spider-like nævi.

Phos. 3.—After these have had a thorough trial.

NAILS.—Brittleness of the nails is often a symptom of a low state of health. Gout is a common cause of it. When affections of the nails occur independently, they are best treated by medicines.

Ars. 3.—When the nails crack.

Graph. 6.—Thick, corrugated nails.

Phos. 3.—Ulcers around the nails.

Secal. 3.—Degeneration of the pulp of the nails.

Toe-nail, In-growing. *See* **IN-GROWING TOE-NAIL.**

NECK, CRICK IN, STIFF-NECK and **WRY-NECK.**—On making a sudden turn of the head a sharp pain is often experienced on the opposite side to that to which the head is turned. It is as if some of the muscles were unprepared, and were wrenched. Following the acute pain there may be **stiffness**, lasting for some days. The same pain and stiffness may be caused by rheumatism of the muscles from

cold. In rare cases the stiffness does not depart, the muscles contract permanently, and chronic **Wry-neck** is the result.

General Treatment.—The best general treatment for stiff-neck is the application of dry heat, as a hot, dry flannel, or the painful part may be ironed, a piece of brown paper or flannel being laid on the neck, and a hot iron passed over it.

Medicines.—(Every hour or two according to urgency.)

Acon. 3.—From draught or chill; pain on moving, extending down the neck to the shoulder.

Act. r. 3.—Head and neck drawn back; rheumatic pain and stiffness in muscles of neck and head, sensitiveness of the spine.

Bry. 3.—Painful stiff neck, worse on touch and motion.

NERVOUS DEBILITY. *See under* **DEBILITY.**

NERVOUSNESS.—By nervousness is meant an abnormal impressionability. A nervous person is one easily shocked by trivial events; jumps and starts when spoken to, cannot bear the least noise or movement about her. This condition may be a matter of temperament, or it may be induced by worry, mental shock, or indulgence in stimulants, especially tea. When it gets so far that the patient loses self-control, it becomes **HYSTERIA**; when in man it develops morbid self-consciousness and introspection, it is **HYPOCHONDRIASIS.** *See under* these two headings.

General Treatment.—Quiet, change of air, freedom from responsibility, good food—these are the best general means of restoring proper tone to the nervous system when overwrought. But these are not always obtainable. If with the nervousness there is loss of

appetite and wasting, the Weir Mitchell plan of seclusion, massage, and excessive feeding is very efficacious. Where tea has been the cause, or any other stimulant, this must be left off entirely.

Medicines.—(Every three or four hours.)

Cham. 6.—When the patient is peevish and irritable and there is disorder of the stomach and bowels.

Nux v. 3.—In spare, dark subjects, who suffer from constipation; those addicted to strong spiced food, coffee, and wines.

Ignat. 3.—When there is depression, apprehension, tendency to tears.

Iod. 3.—In all cases where there is wasting and loss of appetite.

NETTLE-RASH.—An affection of the skin characterised by raised white wheals on a red ground, like those caused by stinging-nettles. It is accompanied by great irritation, stinging, burning, and sometimes with pain. It is often brought on by irregularity in diet. Shell-fish will invariably bring it on in some people, and fish of any kind in others. It may be accompanied by symptoms of acute indigestion. Sometimes the condition is constitutional and chronic.

Diagnosis.—Nettle-rash may be acute or chronic. Its great characteristic is its sudden appearance and equally sudden disappearance. In chronic cases the spots do not remain long, but they are continually reappearing.

General Treatment.—Except where there is digestive disturbance, in which case a strict dietary must be observed, and all those articles of food which are known to cause it must be avoided, there is little to be done apart from medical treatment.

Medicines.—(Every two or three hours according to urgency.)

Apis 3.—Useful in most acute cases; worse by heat.
Puls. 3.—After unwholesome food; bowels loose in the morning; particularly suited to patients of mild temper.
Sulph. 6.—When the irritation comes on at night when warm in bed; chronic cases.
Ars. 3.—Weakly subjects; red tongue, thirst much burning.
Nat. mur. 6—In obstinate cases; in constipated subjects, with earthy complexion.

NEURALGIA.—Properly speaking *neuralgia* means a painful affection of any nerve of the body. When it affects the nerves which run between the ribs it is called *Intercostal Neuralgia*. When it affects the great nerve trunk of the thigh only it is called **SCIATICA.** This is described under that heading. Every organ in the body that has nerves may be the seat of neuralgia. But as generally used, without qualification, the term *neuralgia* applies specifically to pains in the face or head which are neither toothache nor headache. It may be due to a variety of causes, chiefly to cold, next to nervous shock, and also to any cause which may result in lowering of the general health. It is very often due to some constitutional defect, as gout. Arsenic in wall-papers or as used in certain trades must not be forgotten as a possible cause. Neuralgia of a very acute kind accompanies and sometimes precedes and follows an outbreak of Herpes, Zona, or Shingles. *See under* **SHINGLES.**

General Treatment.—This consists in restoring by all ordinary means the lost vitality. Rest in bed if necessary: in every case rest and good feeding

Medicines.—(Every half-hour or less often, according to the severity of the case.)

Acon. 3.—Redness and heat of the face, agitation, restlessness, the patient beside himself with pain.
Bell. 3.—Pain coming in spells suddenly disappearing, and as suddenly returning, especially on the right side; heat and redness of the face; rubbing the face makes the pain come on; pain most violent under the eye.
Coloc. 3.—Violent, rending, tearing pains, chiefly on the left side; pain affecting the eye; aggravated by slightest touch; yet sometimes relieved by firm pressure; pain relieved by perfect rest and warmth.
Arsen. 3.—Returning periodically; pains burning, stinging, as from red-hot needles; great anguish, restlessness, prostration; pains better temporarily from heat; worse after midnight, especially if caused by malaria; low feverish state; debility and wasting.
China 3.—After debilitating diseases, excessive discharges, in all nervous conditions.
Spigel. 3.—Tearing, shooting, burning pains in all directions; periodical from morning to sunset, but worse at noon; come from motion or noise accompanied by watering of the eyes; pain, swelling on left side.

See also **HEADACHE, TOOTHACHE, PLEURISY (FALSE), SCIATICA.**

NICOTISM. *See under* **TOBACCO, ILL EFFECTS OF.**

NIGHTMARE.—Most people know what nightmare is by painful experience. It is a kind of horror, a feeling as if in some dreadful situation, causing oppression, as if being buried alive, or pursued by a wild beast, or drowned, whilst all power of resistance, or even of crying out, is taken away. There are three chief causes of nightmare—heavy feeding late at night, lying in bad

positions in bed, and nervous over-strain, whether in the way of over-work, over-anxiety, or loss of sleep.

General Treatment.—When the cause can be reached it must be removed. Take little food late at night, and retire early.

Medicines.—(To be taken at bedtime.)

Nux v. 3.—From indulgence in spirituous liquors and over-feeding; too much confinement and too little exercise.

Acon. 3.—In children and women, accompanied by nervous and feverish symptoms, oppressive breathing, anxiety.

Calc. c. 6.—Night terrors in children. The child wakes up in the early morning hours and screams, all attempts to pacify it being generally in vain. In the morning it remembers nothing of what has occurred.

Opium 3.—When the patient lies with the eyes half closed, snoring, irregular breathing, face distorted, limbs convulsed.

Puls. 3.—After eating fat or rich food.

Sulph. 6.—In chronic cases.

NIGHT-WATCHING, EFFECTS OF.—The amount of sleep requisite for different persons varies exceedingly, and every one must be more or less a law to himself in regard to the amount of sleep he requires. But for any one to take habitually less than his proper amount is to lay evil in store for days to come. It is necessary, however, on certain occasions, and in certain professions, to sit up at night and work by day as well If this is only for a short period no harm may result. Some, however, can bear it less easily than others, and these may be helped by medicines.

General Treatment.—It must be remembered that those who stint themselves in sleep must not stint them-

selves in food. An extra meal is necessary when sleep is curtailed. A short walk in the open air is also desirable, but it must not be far enough to tire.

Medicines.—(Every two or three hours.)

Cocc. 3.—This is the best remedy in general for the consequences of loss of sleep.

Nux v. 3.—When there is headache, and the person has taken coffee, wine, or spirits to help to keep awake.

Puls. 3.—Head feels empty and light, or heavy; bright light unbearable, better in open air, worse lying down; in persons of mild disposition.

NIPPLES. *See* **BREASTS.**

NOISES IN THE EARS AND HEAD.—This is a frequent symptom of many diseases. It occurs in bloodlessness, in weak heart, in diseases of the ears, and is often a purely nervous affection which cannot be traced to any definite cause. It is often accompanied by giddiness. It is a frequent result of overdosing with quinine and the numerous preparations of Salicylic acid and its derivatives.

General Treatment.—When the cause is known this must be attended to. The general health in all cases must be sustained.

Medicines.—(Every four hours.)

China 3.—This is the chief medicine, and will relieve a large number of cases.

Graph. 6.—When the hearing is better whilst riding in a carriage.

Nux v. 3.—In cases caused by drugs.

NOSE, BLEEDING FROM. *See* **BLEEDING.**

NOSE, REDNESS OF.—When the nose becomes red

after meals give *Apis* thrice daily, and if it is dark red *Carbo v.* 6 in the same way, and see that the patient's corset is not tight.

NOSE, SORE.—This frequently follows a cold in the head, and is often very troublesome to remove.

General Treatment.—Put a little vaseline, and afterwards camphor-ball, if the vaseline is not sufficient, into the nostril at night.

Medicines.—(Three times a day.)

Graph. 6.—In ordinary cases.

Kali bich 6.—Where there is suppuration or pustules.

Nit. ac. 6.—Ulcers and crusts about the nostrils.

NOSE, SWELLING OF.—This may be due to repeated colds, or it may be an indication of a scrofulous constitution.

General Treatment.—The application of vaseline or camphor-ball at night is useful.

Medicines.—(Three times a day.)

Merc. 6.—Where there is thin discharge, pains in bones.

Hepar 6.—After *Merc.*, or at first if *Merc.* has already been taken.

NUMBNESS.—The nerves of the skin are often the first to feel the effects of general lowering causes in altered sensation. There is numbness and tingling in various parts, and objects touched do not make their natural impression. This is sometimes a symptom of paralysis when present, or warning of a coming attack, but much more often it is a trivial complaint which passes off with improved health. Sometimes also, of course, it is a purely local effect of an external cause, as cold.

General Treatment.—If there is any reason to fear paralysis, a doctor must be consulted. Attention to

the general health must be given in all cases, and all debilitating causes, excesses and indulgences avoided. Cold sponging of the numbed part, followed by brisk rubbing, will be beneficial.

Medicines.—(Three times a day.)

Acon. 3.—Numbness and tingling; especially if after taking cold.

Phos. 3.—Numbness and pricking of the whole body; numbness of arms and legs, with insensibility.

Ignat. 3.—With nervous symptoms.

Secale. 3.—With coldness and cramps.

NURSING.—Whilst nursing, women are apt to suffer in various ways. They feel weak, lose appetite, perspire profusely, lose their hair, and are sensitive to chills.

General Treatment.—The child must have regular times for nursing. Food must be given frequently to the mother—first thing in the morning as soon as she wakes and in the night if sleepless. Food must be of good quality, oatmeal gruel or well-cooked Emden groats, with milk, good soups, chicken, mutton, and milk-puddings.

Medicines.—(Every two hours.)

China 3.—In almost all cases.

Calc. c. 6.—If the hair falls out.

OBESITY. *See* **CORPULENCY** and **DIET.**

OFFENSIVE BREATH. *See* **BREATH.**

OFFENSIVE ODOUR OF BODY.—Every person has a characteristic odour of body, perfectly distinguishable to dogs, and also to some gifted human beings. In those of sanguine temperament the odour is apt to be more marked than in others. Under certain

conditions of ill health, as in fevers, the odour becomes altogether perverted. When the health is restored the condition passes away as a rule. Sometimes, however, it does not, and in spite of the most careful cleanliness the odour remains.

Medicines.—(Three times a day.)

Petrol. 3.—Offensive under the arm-pits.

Merc. 6.—Offensive with perspiration.

Phos. 6.—Odour like garlic.

OPIUM HABIT. *See under* **POISONING, CHRONIC.**

OVER-HEATING. *See* **SUNSTROKE.**

OZÆNA. An obstinate discharge from the nose, of extreme offensiveness, usually depending on ulceration of mucous membrane, but sometimes on disease of the bones of the nose. It is often connected with some constitutional state, such as scrofula. It will in general require the attention of a medical man.

Medicines.—(Three times a day.)

Kali bich. 3.—When plugs of dried mucus come away.

Ac. nit. 6.—After overdosing with mercury.

PALPITATION. *See* **HEART.**

PERSPIRATION.—Perspiration may become so excessive as to constitute disease, or it may be accompanied by an offensive odour. Excessive perspiration is a symptom of many debilitating diseases, and then it does not constitute a disease in itself. Sometimes it is purely nervous in character.

General Treatment.—All debilitating causes must be avoided ; a cold morning sponge-down, followed by brisk rubbing, when the patient is not too weak, to obtain a reaction.

Medicines.—(Two or three times a day.)

Chin. 3.—When due to debility after exhausting diseases.

Phos. 3.—Exhausting perspiration all over; perspiration after waking; perspiration smelling like garlic.

Calc. c. 6.—Perspiration of the head; cold clammy feet.

Merc. 6.—Sour perspiration, worse at night; rheumatic subjects.

Sulph. 6.—Offensive perspiration of various parts, especially in scrofulous subjects and after the disappearance of eruptions.

PILES or **HÆMORRHOIDS.**—The veins at the extremity of the lower bowel are very apt to become varicose. The tissues are loose, and the veins have very little support, and consequently, when they lose their vitality from any cause, they become distended. These distended or varicose veins, with their mucous covering, constitute what is known as "Piles." Piles are sometimes "external," that is, arising from the skin outside the margin of the anus; sometimes "internal," arising from the mucous membrane of the lower bowel inside the anus. Or they may be between the two, and spring from the margin itself. Anything that interferes with the circulation in the abdomen may give rise to piles. The commonest causes are constipation and congestion of the liver. The blood that circulates in the abdomen has to pass through the liver on its way to the heart. Anything that interferes with the action of the liver is apt to impede the circulation, and throw pressure upon the veins, and cause piles. In some cases piles arise from general weakness of the whole system of veins in patients who have varicose veins elsewhere as well. They are often present during pregnancy.

Piles do not remain of the same size always, but

increase and bleed at times, then pass away, so that they are hardly, if at all, perceptible. When they are bad, patients say they have an "attack of piles"; after the bleeding is over, the patient usually feels greatly relieved.

Besides the inconvenience of the swelling, piles often give pain, varying in degree from very little to agonising. There is also much irritation, burning, pricking sensation. In general the pains are aggravated during stool; if they are internal they come down then, and have to be replaced.

Some piles do not bleed at all.

General Treatment.—In severe cases absolute rest in bed will be necessary, and in all cases the patient should walk as little as he can help, and should lie down as much as possible. Much sitting is bad; a hard chair, or cane-bottomed chair, is preferable to a soft-cushioned one. The diet should be light and unstimulating. No fat or rich food likely to upset the liver should be taken, and nothing that has a constipating tendency; no alcoholic drinks of any kind, and no pepper. The bowels should be attended to regularly; after every stool the parts should be washed with cold water, and any protrusion should be returned. If there is bleeding a lotion of *Hamamelis* θ (ten drops to the half pint) should be used instead of plain water for washing. An ointment of *Hamamelis* θ (sixty drops to the ounce of prepared lard) should be applied to the anus on a piece of soft linen at night. If there is much irritation an ointment of *Verbascum* θ (sixty drops to the ounce of lard) must be used instead.

Medicines.—(Three times a day.)

Ham. 3.—Bleeding piles, with open or loose bowels.

Nux v. 3.—When there is constipation, and during

pregnancy; in sedentary persons, irritable, passionate, who feel worse in the morning. Burning, pricking in the tumours, discharge of light-coloured blood after each stool, constant disposition to go to stool.

Sulph. 6.—Does well after *Nux.* Bleeding or blind piles; constant, ineffectual desire for stool, or thin motions mixed with blood; soreness or burning at the anus; stiffness and pains in the back; smarting on passing water.

Æscul. hip. 3.—Blind piles, with constipation, stools apt to be lumpy, great pain in the back.

Puls. 3.—Much blood and mucus discharged with stool, pains in the back; pale countenance; disposition to faint.

PLEURISY.—The outer covering of the lungs and the lining of the chest is composed of a serous membrane called the *pleura.* This membrane has a smooth surface, and secretes a fluid which in health just suffices to keep it moist and bright, so that the lungs may expand and contract and move up and down with the ascent and descent of the diaphragm or midriff —the muscle which separates the chest from the abdominal cavity. When it is inflamed, as is often the case after a severe chill, the membrane becomes first dry, when every movement of the lungs gives sharp pain. Then matter is formed on the surface, creating a roughness, which causes a creaking noise to be heard when the ear is put to the chest. At this period there may be a large secretion of the fluid thrown out, causing congestion of the lungs, bulging of the chest wall, and, in some cases, threatening life.

Pleurisy usually begins with severe chills, and there is a good deal of fever and some cough, the cough

and every motion causing sharp stitching pains in the side.

It has recently been recognised that many cases of pleurisy are really of a tubercular nature. This renders it necessary to have patients kept under medical observation for a considerable time after an attack, since a severe chill may in these cases light up the tubercular process.

Diagnosis.—*See under* **BRONCHITIS,** and compare below **False Pleurisy.**

General Treatment.—Rest in bed and fever diet are the chief measures to adopt before the services of a doctor can be obtained.

Medicines.—(Every half-hour or every hour.)

Acon. 3.—When due to a chill. Pain, heat, thirst, cough. This is the first medicine to give, and will often be the only one required.

Sulph. 6.—When exudation sets in. Symptoms worse at night.

Bry. 3.—Sharp pains in chest, worse by every breath or every movement; dry cough; yellowish tongue; bitter taste; constipation.

Bacil. 100.—A dose once a week for one or two months after an attack will be useful to clear up the after-effects of an attack and prevent later developments.

PLEURISY, FALSE (PLEURODYNIA).—This is a disease which comes on in almost precisely the same way as pleurisy (except that the chill is not so marked), but without any inflammation of the pleura. The seat of the affection is the chest wall, which will be found to be tender to external pressure. The pains also of false pleurisy shift their place.

General Treatment.—Rest and light diet must be enjoined. Hot, dry flannels may be laid on the part,

and the patient must be kept warm and protected from draughts.

Medicines.—(Every hour.)

Acon. 3.—When there is fever and restlessness, and the attack has resulted from chill.

Act. r. 3.—Pains in the side, worse from motion, extorting cries.

Arn. 3.—When there is not much fever, and when the cause has been over-exertion.

Puls. 3.—When the pains shift about much; if there is disordered digestion.

Sulph. 6.—Sharp pains in left side; if the case drags.

POISONING, ACUTE.—In a case of poisoning the most valuable thing in an attendant is presence of mind. Let the coolest direct the rest. Send one for a medical man; let another procure whites of eggs and beat them into a froth; another make a gruel. Have also soap-suds made of white Castile soap, magnesia, sugar, salt, ground mustard, vinegar, sweet oil.

Find out, if possible, what the poison is, and, if you cannot, proceed to work without knowing.

Secure all that is left of the food of which the patient has recently partaken, and preserve everything he vomits.

The first indication is to make the patient vomit the poison he has taken, and, if the poison is known, to neutralise its effect.

If you do not know what the poison is, endeavour to make him vomit. Give large quantities of lukewarm water. If this does not succeed, take a long feather, peacock's if possible, dip it in oil, and pass it to the back of the patient's mouth, turning it round and round. If this fails to make him vomit, and he

cannot be made to swallow freely, put a mixture of salt and mustard on his tongue.

When he has vomited all that he can, antidotes must be given.

If the poison is not known, and there is much pain, give water and white of egg largely. If there is insensibility, give strong, black coffee frequently. As soon as the poison is ascertained, proceed at once to give antidotes. If it is *an acid*, give magnesia in water or soap-suds; if a *metal*, white of eggs or soap-suds; if an *alkali*, vinegar-and-water or lemon-juice, or the juice of sour fruit. If it is a *metallic poison* (as *Arsenic*, or copper salt, or corrosive sublimate), give (1) white of eggs and water, (2) sugar and water, (3) soap-suds, or (4) milk. The first is generally the best, but if not immediately at hand give one of the others named. After a good quantity has been taken, give mustard-and-water to make him vomit again, and then more of the antidote. Finally give castor oil, to purge out of the intestines any that may remain there.

For *Lead*, give pure Epsom salts or Glauber's salts; then white of egg, or soap-suds, or milk.

For *Nitrate of Silver* (*Lunar Caustic*), give common salt dissolved in lukewarm water; then milk, gruel, or mucilaginous drinks, as linseed tea.

For *Phosphorus*, excite vomiting speedily, and then give mucilaginous drinks or white of egg; then coffee without milk. Later on give magnesia in solution. Fats and oils of all kinds, including milk, must be avoided, as they dissolve phosphorus.

For *Prussic acid* or *Cyanide of Potash* (used by photographers), excite vomiting at once. Pour cold water over the back of the neck; then let the patient

smell of smelling-salts held at a distance, and give a little sal-volatile in water. Have black coffee made, and let him drink freely of it, and give it in injection. For *Vitriol* (*Sulphuric acid*), give sugar and warm water, or white of egg dissolved in cold water, until the patient has vomited freely; afterwards, mucilaginous drinks.

For *Carbolic acid*, give soap-suds immediately and persistently, and make the patient vomit.

For narcotic drugs, such as *Aconite*, *Poisonous Mushroom* (*Agaricus*), *Belladonna*, *Opium*, and *Strychnine* or *Nux vomica*, first make the patient vomit as speedily as possible, giving large drinks of warm water to assist the vomiting and dilute the poison.

For *Aconite*, give vinegar, and, if there is much collapse, brandy. For *Agaricus*, give Epsom salts or Glauber's salts, and let the patient smell of smelling-salts, but not placed too near. For *Belladonna* and *Opium*, and drugs causing stupor, give coffee in large quantities, and keep the patient awake by constantly walking him about between two attendants, slapping the face with towels dipped in cold water, and talking to him. For *Camphor*, give coffee. For *Nux vomica*, *Strychnine*, and other vegetable poisons, let the patient smell camphor, or drink coffee. If they cause stupefaction, give vinegar-and-water; if they cause much pain, soap-suds, and milk.

For *Poisonous meat*, such as *sausages*, which causes much pain inwardly, stupefaction and paralysis coming on within a few hours after the meal, cause vomiting as speedily as possible, and then give lemon-juice and water or vinegar-and-water. Alternate these drinks with a drop of oil of turpentine on a lump of sugar.

POISONING, CHRONIC.—The treatment of the after-

effects of poisoning, when the patient has recovered from the acute stage, and the treatment of cases of poisoning induced by unwholesome occupations and insanitary homes, will depend on the aspect each case assumes. The first indication, of course, is to get away from the poison. If it is a trade like painting, great care must be taken in washing the hands, so that none of the poison may come in contact with the food. For card-board boxmakers, who suffer from working with arsenical papers, the only thing is to give it up; as the poison is volatile, no amount of washing will protect them from it. Drinking copiously of milk in a measure antidotes its effects. Arsenical wall-papers must be carefully cleaned off and replaced with others containing no arsenic. *They must not be covered*, as arsenic can find its way through the upper paper; and the same brushes that have been used for damping an arsenical paper for removal must not be used for sizing the wall and pasting the new paper on, as they will be saturated with arsenic and put much of it back on the wall again; also care must be taken to ascertain that the size is free from arsenic, which is not the case in inferior kinds, as the acids used in making them contain arsenic as an impurity. No special colour can be declared free from arsenic, though bright greens are more likely to contain it. The only safe plan is to have all papers tested before they are hung. For this purpose a spirit-lamp, a test-tube, a piece of copper foil or wire, and strong hydrochloric acid are all that will be required. Put into the test-tube about a teaspoonful of water, a piece of the clean copper foil, and a few drops of the strong hydrochloric acid. Boil over the spirit lamp. The copper will retain a bright surface. (If it

does not the acid is impure, and must be changed.) Into the test-tube place a bit of the suspected paper, and again boil. If the copper becomes blackened arsenic is present.

For *Chronic Arsenical Poisoning*, the following **Medicines** will be found efficient (every few hours) :—

Bryonia 3.—Indigestion, with pains in the chest, and feeling as of a load after food.

Nat. m. 6.—Chilliness, earthy complexion, loss of flesh, constipation.

China 3.—Irritable, uneasy, feverish at night.

Verat. a. 3.—Frequent nausea, vomiting, coldness, great weakness.

Hepar 6.—For other effects.

For *Chronic Lead Poisoning*, painters' colic, lead paralysis (or drop-wrist), the best medicine is *Opium*, which should be given three or four times a day persistently.

For the *Opium Habit* (which is frequently due to injudicious medical treatment and advice, and the use of the hypodermic injection intrusted to patients or nurses), the first thing to do is to cut off the drug entirely. The patient may be allowed to drink black coffee frequently.

Medicines.—(Every hour or two.)

Acon. 3.—Fever, dry skin, thirst, anxiety, restlessness.

China 3.—Craving for the drug, restlessness, irritability, fever coming on every night.

See also **TOBACCO, ILL EFFECTS OF.**

PREGNANCY.—This is the state of a woman from the time of conception to the time of delivery. The duration of the period is 280 days. If it terminates before this period, and yet late enough for a living

OBSTETRIC TABLE.

The calculation is made from the last day of the latest menstrual period.

January *October*	1 8	2 9	3 10	4 11	5 12	6 13	7 14	8 15	9 16	10 17	11 18	12 19	13 20	14 21	15 22	16 23	17 24	18 25	19 26	20 27	21 28	22 29	23 30	24 31	25 1	26 2	27 3	28 4	29 5	30 6	31 7	January *November*
February *November*	1 8	2 9	3 10	4 11	5 12	6 13	7 14	8 15	9 16	10 17	11 18	12 19	13 20	14 21	15 22	16 23	17 24	18 25	19 26	20 27	21 28	22 29	23 30	24 1	25 2	26 3	27 4	28 5			February *December*
March *December*	1 6	2 7	3 8	4 9	5 10	6 11	7 12	8 13	9 14	10 15	11 16	12 17	13 18	14 19	15 20	16 21	17 22	18 23	19 24	20 25	21 26	22 27	23 28	24 29	25 30	26 31	27 1	28 2	29 3	30 4	31 5	March *January*
April *January*	1 6	2 7	3 8	4 9	5 10	6 11	7 12	8 13	9 14	10 15	11 16	12 17	13 18	14 19	15 20	16 21	17 22	18 23	19 24	20 25	21 26	22 27	23 28	24 29	25 30	26 31	27 1	28 2	29 3	30 4		April *February*
May *February*	1 5	2 6	3 7	4 8	5 9	6 10	7 11	8 12	9 13	10 14	11 15	12 16	13 17	14 18	15 19	16 20	17 21	18 22	19 23	20 24	21 25	22 26	23 27	24 28	25 1	26 2	27 3	28 4	29 5	30 6	31 7	May *March*
June *March*	1 8	2 9	3 10	4 11	5 12	6 13	7 14	8 15	9 16	10 17	11 18	12 19	13 20	14 21	15 22	16 23	17 24	18 25	19 26	20 27	21 28	22 29	23 30	24 31	25 1	26 2	27 3	28 4	29 5	30 6		June *April*
July *April*	1 7	2 8	3 9	4 10	5 11	6 12	7 13	8 14	9 15	10 16	11 17	12 18	13 19	14 20	15 21	16 22	17 23	18 24	19 25	20 26	21 27	22 28	23 29	24 30	25 1	26 2	27 3	28 4	29 5	30 6	31 7	July *May*
August *May*	1 8	2 9	3 10	4 11	5 12	6 13	7 14	8 15	9 16	10 17	11 18	12 19	13 20	14 21	15 22	16 23	17 24	18 25	19 26	20 27	21 28	22 29	23 30	24 31	25 1	26 2	27 3	28 4	29 5	30 6	31 7	August *June*
September *June*	1 8	2 9	3 10	4 11	5 12	6 13	7 14	8 15	9 16	10 17	11 18	12 19	13 20	14 21	15 22	16 23	17 24	18 25	19 26	20 27	21 28	22 29	23 30	24 1	25 2	26 3	27 4	28 5	29 6	30 7	September *July*
October *July*	1 8	2 9	3 10	4 11	5 12	6 13	7 14	8 15	9 16	10 17	11 18	12 19	13 20	14 21	15 22	16 23	17 24	18 25	19 26	20 27	21 28	22 29	23 30	24 31	25 1	26 2	27 3	28 4	29 5	30 6	31 7	October *August*
November *August*	1 8	2 9	3 10	4 11	5 12	6 13	7 14	8 15	9 16	10 17	11 18	12 19	13 20	14 21	15 22	16 23	17 24	18 25	19 26	20 27	21 28	22 29	23 30	24 31	25 1	26 2	27 3	28 4	29 5	30 6		November *September*
December *September*	1 7	2 8	3 9	4 10	5 11	6 12	7 13	8 14	9 15	10 16	11 17	12 18	13 19	14 20	15 21	16 22	17 23	18 24	19 25	20 26	21 27	22 28	23 29	24 30	25 1	26 2	27 3	28 4	29 5	30 6	31 7	December *October*

child to be born, the birth is spoken of as *premature.* If the birth occurs earlier than this it is called a *miscarriage,* and if within the first three months it is generally spoken of as an *abortion.* Before birth the child is called the *embryo,* or *fœtus.*

Calculation of the Date of Delivery.—The duration of pregnancy is, as has just been stated, 280 days, or forty weeks. The best way of calculating is to take the last day of the last menstrual period, and calculate from that nine calendar months. To this add one week. On the previous page will be found the full obstetric table.

Quickening is the name given to the first occasion on which the mother becomes conscious of the independent movements of the child. This is felt about the fifteenth week after conception. It is often accompanied by fainting on the part of the mother, especially if it is the first pregnancy.

The **Signs** of pregnancy are chiefly these :—Stopping of the periods, increase in size of the body, morning nausea, vomiting, increase in size of breasts, and darker appearance of the areolæ round the nipples. But it should be borne in mind that all these symptoms may occur in connection with diseases of the womb, without there being any child. The only absolute sign is the child's heart-beat, which a practised ear can hear on listening over the woman's abdomen in the later months of pregnancy.

General Management of Pregnancy.—Some women experience better health during the period of pregnancy than at any other time, but it is more general for women to suffer various inconveniences, if not actual disease, during some part or other of the term. Every woman should regard the care of her health

as of the utmost importance, as any indiscretion will be visited not on herself alone, but on her child. There is no need for her to be idle and consider herself an invalid, but excesses of all kinds she must avoid—fatiguing and violent exercise, heavy lifting, indulgence in the pleasures of the table.

Diet.—This should be of a plain, wholesome, and nourishing kind, all alcoholic stimulants being avoided ; also strong tea, coffee, spices, high seasoning, rich food, sweets, and pastry. It should be taken at regular times. Oatmeal porridge, whole-meal bread, and other bone-producing foods should be taken with milk.

Sleep.—It is highly important that the woman should have plenty of sleep. She requires more than when in an ordinary state. She should retire early ; the bed-room should be well-ventilated, should not have very much furniture, and the bed should have no hangings. Then the woman must be allowed to sleep as long as she feels the necessity, and rise when she wakes naturally.

Bath.—She may do as she usually does about bathing ; the morning cold bath or sponge down, if she is hardy and used to it, will do good, but she must beware of straining herself on getting into or out of the bath.

Dress.—This is a matter of the greatest importance. Stays must be either of a special kind, which give free play to the movements of the ribs, or must be discarded altogether. This is necessary for many reasons. The mother has to do a double amount of breathing—for herself and her child—and it is therefore important that there must be nothing to hamper the movements of the chest-wall and the diaphragm to diminish the breathing space. Nature made the ribs movable, from the first

to the last, and also the abdominal walls movable and muscular. Stays have the effect of fixing the lower ribs, limiting the breathing space, and crowding the abdominal organs into half their natural space. Stays are accountable for weak backs (which ought to be strong enough to hold themselves up) and a multitude of other ailments, among them all kinds of displacements, constipation, and piles.

I am aware the great difficulty is how to fit on the clothes if stays are discarded. They must be hung from the shoulders and from the hips. The shoulders may bear the upper half of the garment, and the hips —*not* the soft part above the hip-bones, but the hip-bones themselves—by a broad belt made to fit to the bones, or the skirts themselves may be made to fit them. From the hip-bones down to the hip-joints the bones spread outwards, so as to bear any amount of weight. On no part of the body should the clothes press tightly. Garters must give place to suspenders. The clothes must be suited to the season, and warm enough to guard against chills. A great weight of clothes is objectionable.

Disorders of.—It is not often that a woman passes all through the period of pregnancy without some of the ailments incident to the state. Morning sickness is the best known. Vertigo, headache, fainting, toothache, and a number of others may become serious enough to require special treatment. They are discussed under this heading, but reference may also be made to the several diseases under their own special headings.

Bladder Irritation.—This is a frequent accompaniment of pregnancy. The patient experiences a constant desire to pass water, more troublesome during

the day than at night. It is due to pressure of the uterus on the neck of the bladder. As soon as the womb gets to a certain size it rises out of the *pelvis* (the lowest part of the abdominal cavity, closed in by walls of bone, which make a kind of *basin*), and then the irritation passes away of itself if it has come on in the earlier months. When it comes on during the later months it is due to pressure on the bladder itself.

General Treatment.—The patient must lie down as much as possible on her back.

Medicines.—(Every two hours.)

Bell. 3.—This will usually allay the irritability.

Puls. 3.—After *Bell.*

Breasts Painful.—Pain in the breasts is very common during pregnancy. If it becomes severe give *Bryonia* 3 every few hours.

Cramps.—The pressure of the uterus on the great nerves of the lower limbs often gives rise to cramps.

General Treatment.—Keep the lower limbs warm, and let the patient lie on the back a great part of the day when not exercising.

Medicines.—

Verat. a. 3.—If the limbs are very cold.

Nux v. 3.—In general ; when there is constipation.

Digestive Disorders. — Toothache. — Some women "lose a tooth" with each pregnancy. In general, the cause of this is improper dieting. The child must have bone salts for its teeth, and if the mother does not supply it out of the food she takes, her own bones and teeth must go short of their proper amount. Whole wheat-meal and bread made of it, groats and coarse oatmeal, are excellent foods, and will save many a tooth if women will only persuade themselves

to eat them in preference to white bread, sweets, and pastry.

Medicines.—(Every hour while it lasts.)

Kreas. 3.—If the tooth is decayed.

Cham. 6.—When the pain is unendurable, worse at night and from warmth.

Mag. c. 6.—Great nervous excitability.

Sep. 6.—If there is no decay.

Salivation.—Incessant flow of saliva is a very common accompaniment of pregnancy, and a very annoying one.

Medicines.—(Every four hours.)

Merc. sol. 6.—This will suffice in most cases.

Sul. 6.—After *Merc.*, if insufficient.

Heartburn.—Many women have heartburn during the whole time they are pregnant.

General Treatment.—They must avoid all sweet food and drinks, and anything likely to create acid.

Medicines.—(Every four hours.)

Calc. c. 6.—When there is much acidity.

Puls. 3.—In fair, quick-tempered women.

Capsic. 3.—When there is not much acidity.

Morning Sickness.—This is the most characteristic and most troublesome of all the disorders incident to pregnancy. It generally occurs in the morning, but by no means always. There may be all degrees of it, from simple nausea, which never goes on to vomiting, to vomiting after every morsel of food taken. Sickness lasts, as a rule, ten weeks—from the fifth or sixth week to the sixteenth. The sickness usually comes on immediately on rising from bed, and continues for an hour or two. It may recur less severely in the evening, or it may last all day.

General Treatment.—Food must be taken frequently

in small quantities ; medicines must be given a quarter of an hour before food. The patient should endeavour to take some nourishment—milk, beef-tea, chicken tea, or solid food if she prefers it—immediately after vomiting. Koumiss (or fermented milk) will sometimes be retained when nothing else will.

Medicines.—(A quarter of an hour before each meal, until amelioration has taken place ; then two or three times a day.)

Ipecac. 3.—Nausea and vomiting, with great uneasiness in the stomach ; vomiting of drink and undigested food ; bilious vomiting and tendency to ulceration of the bowels.

Nux v. 3.—Nausea and vomiting, chiefly in the morning, while eating, or immediately after eating, or immediately after eating or drinking ; acid and bitter eructations and regurgitations ; violent hiccough, water-brash, pain and sensation of weight in the pit of the stomach ; constipation and irritable temper.

Puls. 3.—Nausea after eating ; vomiting of food ; heart-burn, eructations, acid, bitter, or with taste of food ; craving for acids , whitish-coated tongue ; persons of mild disposition.

Petrol. 3.—When the nausea is constant ; vomiting of food.

Constipation. — This is a common accompaniment of pregnancy, and often arises from a mechanical cause, pressure of the uterus on the lower bowel.

General Treatment.—Active open-air exercise is the best remedy in general. The patient should drink freely of cold water, and eat fruit, ripe or cooked.

Medicines.—*See under* **CONSTIPATION,** especially *Nux v.*, *Bry.*, *Lyc.*, *Op.*, and *Sulph.*

Diarrhœa is an occasional occurrence, but is much less frequent than constipation.

General Treatment.—Whilst it continues, hot drinks, beef-tea, fruit, or vegetables must be avoided. Milk with or without lime-water, white of egg beat up, arrow-root and farinaceous diet must be adhered to. For **Medicines,** *see* indications under **DIARRHŒA.**

False Pains.—When the uterus begins to have contractions before the proper time comes, these are called "False pains," to distinguish them from the real labour pains, which do the work of expelling the child. It is only when they come several weeks before the term that they are morbid. For a week or two before the birth there may be contractions (or "pains," as they are called) which are really preparatory to the final effort. It is only when they are severe, and interfere with rest, that they require treatment.

Medicines.—(Every few hours.)

Secale 3.—This will in general control the severity of the pains.

Puls. 3.—In fair, gentle-dispositioned women.

Act. rac. 3.—When they are accompanied with severe headache.

Headache and Vertigo.—About the fourth or fifth week of pregnancy it is common for women to have giddiness, fulness, or pain in the head. With the headache there is weight at the top and back of the head, and down the neck, palpitation of the heart, nervousness, trembling. The symptoms are usually worse in the morning.

Medicines.—(Every two or three hours until relieved.)

Acon. 3.—Plethoric women of florid complexion ; giddi-

ness, as if intoxicated, on rising from a seat; faintness and blindness on rising from a recumbent position; determination of blood to the head.

Bell. 3.—Congestion to the head, vertigo, staggering, trembling, intolerance of noise; heaviness and pressure, pain on the top of the head, or in the forehead over the eyes; sense of expansion of the neck, palpitation, throbbing of the arteries of the neck; red face; sparks before the eyes; objects appear double.

Nux v. 6.—Sedentary women of hasty temper, addicted to wine or coffee. Symptoms worse in the morning, better in the open air. Giddiness with feeling of confusion in the head; sight cloudy; buzzing in the ears; pains tearing, drawing, or jerking, or periodical pains; constipation; insipid, acid, bitter or putrid taste.

Puls. 3.—Women of mild disposition. Giddiness worse after stooping, with momentary blindness and staggering, shuddering and shooting pains in the head; one-sided headaches; headaches every other day. Sometimes there is numbness, worse in the afternoon and evenings.

Sulph. 6.—Congestion of blood to the head; beating pains and heat in the head. Vertigo and staggering, especially when seated or after meals, with nausea. Fainting, weakness, and bleeding from the nose; confusion of the head, worse morning and evening. One-sided headache, headache at the top of the head, back of the head, forehead, over the eyes, with dim sight. Sinking sensation, with flushes of heat to the head; cold feet. Pains worse by movement, walking in the open air, and by meditation.

Itching or Pruritus.—This is a not uncommon affection, and very distressing; it affects the mucous

membrane of the parts. At times it occurs without an eruption, at times there is an eruption like thrush in infants ; sometimes there is oozing of a thin watery secretion.

General Treatment.—Wash the parts frequently with warm water. To the water may be added a little borax (a teaspoonful to the pint) or a little lemon-juice.

Medicines.—(Two or three times a day.)

Puls. 3.—In women of the pulsatilla type, fair, of mild disposition, and easily moved to tears.

Lyc. 6.—When there is constipation, flatulence, and sandy urine.

Merc. 6.—When there is a thrush-like eruption.

Sulph. 6.—In obstinate cases, patient subject to eruptions.

Mental Disturbance. — It is not uncommon for women to become altered in temper and disposition during the pregnant state. They are frequently affected with low spirits and despondency, and are certain they will never get over their labour. When the time comes they forget all about it, and it does not come back after delivery.

General Treatment.—The woman ought to have cheerful surroundings and plenty of fresh air and exercise.

Medicines.—(Every few hours.)

Acon. 3.—If a fright has been the occasion of it, and if fear of death is the most prominent symptom.

Bell. 3.—Great agitation and restlessness at night ; fear of ghosts ; fear and disposition to run away and hide ; involuntary laughter ; disposition to laugh or sing or fall into a passion and rave ; frightful visions.

Puls. 3.—Depression, with sadness and weeping, and uneasiness in the pit of the stomach; sleeplessness; she imagines herself to be oppressed with a multitude of cares; dislike to conversation; headache and heartburn.

Sulph. 6.—Low spirits, great anxiety on the subject of religion; despair of eternal salvation; forgetfulness of proper names, and of words when about to speak them; disposition to get angry.

Miscarriage.—A pregnancy may terminate at any period short of the proper term, and then it is called a "miscarriage" or "abortion," though the latter term is usually employed only in those cases which occur within the first three months. "Miscarriage" is used when it occurs at any part of the term before the period when the child may possibly be born alive and live—that is, within seven months. In medical language it is sometimes, but not always, restricted to the period between the third and seventh months. A delivery after the middle of the seventh month, and before the proper time, is called a "premature birth." These terms are purely arbitrary, and have no inherent significance, and I shall speak of all premature terminations of pregnancy under the term "miscarriage." The period at which miscarriage most commonly occurs is from the eighth to the twelfth week. It is usually accompanied with a great deal of pain and loss, but is not in itself dangerous unless it recurs often. Late miscarriages are more serious. The most common of all causes of miscarriage are sudden straining, falls, blows, or over-exertion of some kind. Next after the mechanical cause are sudden emotions—frights and starts. Then come over-indulgence in improper articles of diet, stimulating food and drink,

and the abuse of purgative drugs. Criminal interference with pregnancy must not be forgotten.

Symptoms.—A miscarriage is generally preceded by bearing-down pains, severe pains in the body and back, discharge of mucus and blood ; with this discharge the fœtus and its membranes pass away.

Women who have miscarried once are very liable to do so again, every fresh miscarriage tending to increase the liability.

General Treatment.—All attempts to interfere with the normal progress of pregnancy, except for medical or surgical considerations and under expert advice, are strongly to be reprehended. In cases where the mother is in a state of health, as from heart-disease, making child-bearing a danger to life, the pregnancy may be terminated under proper surgical precautions. The woman who doses herself with strong drugs, or allows other means to be used is in great danger of bringing on herself lifelong pain, discomfort, and loss of health, if not loss of life.

In all cases of threatened miscarriage the patient should immediately lie down, and remain lying down until the danger is past. If the miscarriage has taken place she must still keep lying down to allow the womb to return to its natural size, and to prevent further bleeding from its surface. The neglect of this is the cause of endless trouble in the way of displacements and all their attendant miseries. If there is much bleeding, all warm drinks must be stopped until it has ceased. The general diet will be as advised *under* **CHILDBIRTH.**

Medicines.—(When used as prophylactic, two or three times a day ; when used whilst the miscarriage is actually threatening, every half-hour.) When the

miscarriage is inevitable suitable medicines will assuage the pains and favour the natural process. In the next pregnancy the patient must be extremely careful at the corresponding period, lying down continually, if necessary, and must take the medicine most suited to her general state.

Acon. 3.—When symptoms arise from a blow, fall, strain, or mechanical injury of any kind.

Secale 3.—Valuable after the miscarriage, when there is much dark blood and few pains ; useful in debilitated persons.

Ipec. 3.—Spasms, faintness, nausea, vomiting ; profuse discharge of bright-red blood, downward pressure, cutting pains round the navel.

Cham. 6.—Labour-like pains, each followed by a discharge of dark, clotted blood or blood and mucus ; violent pains in the bowels, extending round the sides, with feeling as if about to have a motion or pass water ; coldness, shivering, and thirst.

Croc. 3.—Dark, clotted blood, increased by the least exertion ; feeling of fluttering, as if something moving about the navel.

Sabina 3.—In the early months, much pain, discharge of bright-red blood.

China 3.—In weak, exhausted persons ; blood discharged at intervals, with bearing-down pain ; spasmodic pains in womb ; giddiness, drowsiness, fainting. Very useful for weakness after the discharge has ceased.

Varicose Veins.—During pregnancy the veins of the lower limbs often become varicose in consequence of the pressure of the enlarged womb impeding the return of the blood from the limb to the heart. After delivery they generally regain their natural condition.

General Treatment.—When the condition is serious

the patient must be kept lying down. If she is compelled to go about the limbs must be bathed in cold water or in spirit-and-water, and bandaged. It may be necessary to wear an elastic stocking.

Medicines.—*See under* **VARICOSE VEINS.**

PRICKLY HEAT.—*See* **HEAT-SPOTS.**

PROLAPSE OF THE BOWEL.—This troublesome affection is more common in children than in adults. It is due to weakness of the tissues at the lower end of the bowel, and is generally induced by constipation, and the consequent straining at stool. In adults it is often an accompaniment of piles. With some patients it occurs every time the bowels are moved, with others even when sitting or walking; when lying down it returns to its natural place, or it can be returned by the hand.

General Treatment.—Use no paper, but wash the part with cold water after each motion with a soft linen rag, or if cold water gives pain, warm water may be used. Gentle pressure will usually be enough to restore it to its place. If there is any difficulty, lay the patient on the back with the hips well raised on pillows and the head low so as to obtain the advantage of the force of gravity. Then wrap a small sponge in a piece of linen, wet it, and press the protruding part steadily, but not violently. Do not hurry. If it does not yield to this, put vaseline on the fingers, grasp the protrusion, and return it in that way. If it becomes red, swollen and painful, do not attempt to return it, but put wet cloths upon it, and keep the patient lying down.

Medicines.—(Every few hours; when acute symptoms come on—swelling, redness, pain—every hour.)

Podoph. 6.—This is specially indicated for children; but

also in adults, if there are loose, light stools in the morning ; prolapse after every stool, or on sudden motion or sneezing.

Ignat. 3.—Nervous persons ; with constipation ; in children who cry much ; bluish-red swelling, bleeding, much pain at stool.

Arn. 3.—Protrudes when walking ; is bluish-red.

Calc. c. 6.—Chronic cases in children.

Sep. 6.—Chronic cases in adults ; worse when walking.

PROLAPSE OF WOMB.—This is a condition in which the womb falls from its natural position on account of the relaxed state of its ligaments, a consequence of severe labour, and enlarged or inflamed state of the womb. The organ comes down until it appears at the orifice of the vagina, and may even protrude.

General Treatment.—In recent cases rest in the recumbent position will allow the parts to recover themselves, and the womb, if enlarged, to return to its natural size, and in this way the condition may be remedied. In older cases support must be used, and some form of pessary applied.

Medicines.—(Three times a day.)

Sepia 6.—Feeling of weight in the womb ; pressure, bearing down, sinking feeling at epigastrium.

Lachesis 6.—Bearing down sensation, pain in left ovarian region ; cannot bear to have corsets tight.

Bell. 3.—Bearing down sensation ; profuse, offensive menses.

PSORIASIS.—This is a dry eruption, consisting of redness of the skin, usually in spots, and covered with white scales. It is called popularly "tetter."

General Treatment.—Apply nothing locally. Plain,

wholesome diet and healthy manner of living are the best general measures to adopt.

Medicines.—(Two or three times a day.) Medicines should be given for a long time, but not continuously. They may be given for a fortnight, and then left off for a fortnight. Also the dilutions may be changed from time to time ; as the reaction to one dilution diminishes another may be given.

Petrol. 3.—In most cases.

Arsen. 3.—In debilitated subjects, thin, wasted, anxious.

Graph. 6.—Especially when it occurs on the palms of the hands and at the back of the ears.

QUININE, BAD EFFECTS OF.—When quinine has been injudiciously used it produces a depressed bodily condition peculiar to itself, and as difficult to get rid of as mercurial poisons. The chief symptoms are giddiness, deafness, singing in the ears, neuralgia, rheumatism, great sensitiveness of every part of the body.

Medical Treatment.—Quinine and its effects are only got rid of by a careful perseverance in homœopathic medicines. The chief medicine is *Ipec.*, which may be given two or three times a day ; after *Ipec.*, *Puls.*, especially for earache ; after *Puls.*, *Calcarea ; Arnica* for rheumatic pains and perspiration ; *Arsen.* for dropsy and short breath ; *Verat.* for cold perspiration, constipation, or diarrhœa. *Nat. mur.* for fever symptoms.

QUINSY.—Inflammation of the tonsils—one or both—with tendency to suppuration, is called "quinsy." It is attended with great pain and choking sensation, and when the throat is examined the swelling is seen almost to close the aperture of the throat and to be very red,

There is much fever, and the patient feels generally very ill.

Diagnosis.—Quinsy is recognised by swelling of one or other tonsil. If both are affected, one is generally more swelled than the other. It is distinguished from diphtheria by the absence of the grey membrane which characterises the latter disease, and from acute herpetic sore throat (called "diphtheritic sore throat," though it has no connection with real diphtheria) by the absence of the greyish spots. With all throat affections there is a good deal of prostration and constitutional disturbance. Quinsy is often rheumatic in its nature, and is not unfrequently the precursor of a rheumatic attack.

General Treatment.—Put on a compress as soon as the first symptoms appear—two or three thicknesses of linen placed round the neck, and covered with a roll of flannel or worsted stocking. At a later stage warm poultices will be of service. Milk and barley-water should constitute the diet. Milk in which figs have been boiled is better than plain milk, and the steam of it may be inhaled to advantage if the throat feels dry.

Medicines.—(Every hour until there is relief; then less often.)

Acon. 3.—At the beginning; throat red, swallowing and speaking difficult; burning, pricking, contracting sensation; fever, anxiety, impatience, uneasiness.

Baryta c. 6.—When the tonsils are unmistakably affected. It may be given at the beginning if there are no special symptoms calling for *Acon.*

Hepar. 6.—If *Baryta* is not sufficient, and it is evident that matter is forming.

Apis. 3.—Patient always chilly, and afraid of open air,

yet cannot bear close room; hot, but not thirsty; much swelling of tonsils and mucous membrane, as if stung by a bee; stinging pains.
Sulph. 6.—Quinsy constantly recurring.

RED GUM.—*See under* **INFANTS, Gum.**

REMITTENT FEVER, or **BILIOUS FEVER.**—This is a fever due to poisoning by a miasm, like ague or intermittent. It differs from the latter in the fact that there is no period entirely free from fever; the fever subsides or *remits*, but does not disappear entirely, as it does in the *intermission* between the attacks of ague.
The **Treatment** is the same as recommended for **AGUE**, but it should always, when possible, be directed by a physician.

RENAL COLIC, RENAL CALCULUS.—Renal colic is the name commonly applied to the symptoms which arise when a renal calculus either passes or attempts to pass down the ureter.
A renal calculus is a concretion formed by the deposit of one or more of the solid constituents of the urine. It differs only in size from the gritty particles called "gravel." It may be single or there may be many. It is generally composed of uric acid or oxalate of lime.
Symptoms and Diagnosis.—The first indication of a stone passing down the ureter is a violent pain commencing in the loin of one or other side and passing round the side to the region of the bladder in front. The pain may rise to intense agony and give rise to fainting or vomiting. Sometimes the urine itself shows little change. Sometimes there is blood present, giving the urine a smoky or porter-like appearance.

An attack of renal colic may be mistaken for a bilious attack, intestinal colic, or appendicitis. If there is blood in the urine it will distinguish renal colic from all these. In appendicitis there is fever and local tenderness. In bilious attacks and intestinal colic the fever is less definitely located. It may be mistaken for lumbago, but this is rarely one-sided and its pain is more definitely muscular and influenced by movement.

General Treatment.—In general an anti-gout dietary and regimen should be followed. Water should be drunk freely, but not a *hard* water. Vichy water, Ems water, and Malvern water are good. Alcohol must be avoided in all forms, and more especially beers. Tea must be taken only in moderation.

During an attack hot fomentations to the seat of the pain will give relief and assist the passage of the calculus, and the fomentations will be more effective if made with a compress of poppy-heads and chamomile flowers.

Medicines.—(Every ten minutes till the pain is relieved.)

Diosc. 3.—Writhing, cramping pains. Patient must keep moving about.

Berberis 6.—Violent sticking pains extending from kidneys to bladder.

Urtica ur. ϕ.—(One or two drops in hot water) if the others fail to relieve.

RHEUMATISM, ACUTE, or **RHEUMATIC FEVER.**—This is a disease of the blood due to excessive acidity, producing pains and swelling of joints, muscles, and internal organs and membranes, accompanied with heavy, sour perspiration and fever. It is brought on by chills, and also by any cause which lowers the

vitality. An infective element has been isolated, but the conditions of damp and chill are all-important in favouring its development. Very often the symptoms show themselves first in the throat, causing inflammatory sore throat, or quinsy.

Symptoms and Diagnosis.—It is hardly possible to mistake an attack of rheumatism for anything else. The pains in the joints and muscles, and the swelling, excessive sour perspiration which gives no relief, are found in no other disease. In pyæmia, or blood-poisoning, there is frequently affection of the joints, which become the seat of abscesses, but there is always the history to guide in these cases, and the fever is of the hectic type. Rheumatism may accompany scarlet fever. Like scarlet fever and the other eruptive fevers, it has a great tendency to attack the heart, causing inflammation of its lining membrane (*endocarditis*), and leaving the valves defective, or else inflammation of the outer covering (*pericarditis*). These are detected by pain, faintness, and by hearing the rubbing sounds of pericarditis, or the blowing sounds, instead of the sharp "lupp-dupp" when the endocardium is affected. In rheumatic fever the temperature is sometimes very high and dangerous to life; sometimes it is but little raised above the normal.

General Treatment.—This may be fitly summarised in two words—flannels and gruel. It is necessary that the patient should be clothed in a flannel night-dress, and put to bed in blankets, or Jaeger sheets. The heavy perspiration will soon saturate linen or cotton night-dresses and chill the patient, whilst flannel or woollen garments retain the heat and let the perspiration escape. The food should be such as does not favour the formation of lactic acid, the presence

of which in the system gives rise to most of the symptoms. The ultimate cause is the lowered and perverted vitality, the consequence of which is that the digestive faculties are not equal to transforming the food and the tissues perfectly. Waste products (especially lactic acid) increase, and the rheumatic fever is the effort the system makes to get rid of them. It follows that only the most easily digestible foods are admissible, and of these gruel or gruel-kinds of food are the best. Milk has so many advantages that it must in many cases be resorted to, but its tendency to turn acid in the stomach is against its use when it can be avoided. Chicken-tea, mutton-broth, beef-tea, with barley, may be given, and as drink, barley water as much as is desired. During convalescence weak tea may be given as soon as the patient can relish it, and a little bread and butter, gradually returning to ordinary diet as the strength increases. Those who have a tendency to rheumatism should not eat much meat, and should take milk but sparingly. Sweets also should be avoided, and watery fruits and vegetables. Grain foods are the best—oat-meal, barley, wheat-meal and whole-meal bread.

Medicines.—(Every two or three hours until improvement sets in, the intervals between the doses being lengthened as the symptoms abate.)

Acon. 3.—High fever, dry, hot skin, thirst, redness of the cheeks ; shooting or tearing pains, worse at night ; redness or shining swelling of the parts affected ; pain aggravated by touch ; extreme irritability of temper ; disposition to uncover the parts, and relief from doing it.

Bry. 3.—Shooting, tearing, or tensive pains ; shifting pains, which affect the muscles rather than the bones ;

red and shining swelling and rigidity of the parts affected ; pains worse at night, and on the least movement ; profuse perspiration, or coldness and shivering ; much heat, with headache and derangement of the stomach ; peevish or passionate temper.

Merc. 6.—Shooting, burning, or tearing pains, aggravated at night, especially towards morning, and in the warm bed, or by exposure to damp or cold air ; puffy swelling of the affected parts ; the pains seem to be seated in the bones or joints ; profuse perspiration without relief. Moist white tongue. (*Merc.* covers a very large percentage of cases and often suffices alone to clear up a case).

Lach. 6.—After *Merc.*, if insufficient.

Rhus 6.—Tearing, burning, or wrenching pains ; sensation of weakness and crawling in the affected limb ; red, shining swelling of the joints, with rigidity or shootings when touched ; pains worse during rest, or in cold, damp weather. After *Acon.* or *Bry.*

Puls. 3.—Pains aggravated in the evening, or at night in bed, in a warm room, or on changing the position ; pains which pass quickly from one joint to another ; numbness in affected parts ; pains relieved by cool air ; patient with pale face, disposed to shivers and to chills.

China 3.—Pains aggravated by the slightest touch ; profuse perspiration ; great debility, especially from loss of blood or other fluids.

Sul. 6.—Pain, swelling, stiffness, and weakness of joints when the acute stage has passed.

RHEUMATISM, CHRONIC, AND RHEUMATIC GOUT. — Chronic rheumatism is often a direct consequence of an acute attack. When the fever passes off, the joints remain permanently enlarged,

stiff and painful; and when the inflammation has been very intense, the joints may be left perfectly rigid and immovable. But this is not always the history. In many cases rheumatism is chronic from the first, beginning as pains in the joint without fever. This may subside and be cured or it may go on to cause crippling. *Rheumatic gout* is really a different disease, though closely resembling chronic rheumatism, and allied to it. It has nothing to do with ordinary gout, as its name might lead us to suppose. It is a chronic inflammation of the joints, with increase in the size of the bones, causing a peculiar deformity. When it attacks the hands and feet, the fingers and toes are turned outward. As far as treatment is concerned, both forms may be conveniently taken together.

General Treatment.—In all cases of acute rheumatism, when the symptoms of active inflammation have subsided, great attention must be paid to the joints. They must not be allowed to become stiff. Movement must be insisted on, though it will cost the patient some pain. If he is unable to move the joints himself the nurse must do it for him. Rubbing the affected part with olive oil is useful. The patient should have nourishing diet; all food, especially meat, must be taken warm; watery fruits and vegetables should be avoided; stewed celery is good as a vegetable. When cold water disagrees, toast-water or barley-water may be substituted. The clothing should be warm, wool should be worn next the skin; it may be thin in summer and thicker in winter, but it must be all wool, containing no admixture of cotton. Whenever possible, a dry, chalk soil should be chosen for residence; damp localities, clays and even gravel on

clay are especially bad. When stiffness of joints, whether rheumatic or gouty, does not yield to medicinal treatment, hot-air baths may be tried. These are made to take single limbs or the whole body, as may be required. The air is heated to 300° Fahrenheit and upwards by means of electricity or gas.

Medicines.—(Three or four times a day.)

Arsen. 3.—Rheumatic gout; burning pains; great prostration, anxiety.

Bry. 3.—Pains aggravated by the slightest chill or movement.

Rhus 3.—Attacks excited by bad weather; change of weather brings on a relapse; pains aggravated by rest, better by motion.

Merc. sol. 6.—Pains excited by slightest chill; worse by motion and heat of bed; joints red and hot to touch; stiffness of the joints.

Sulph. 6.—Pain excited by slightest chill; every change of weather causes a relapse.

Lach. 6.—Useful after *Merc.*

RICKETS.—This is a disease commonly met with in delicate or hand-fed children. Its chief characteristic is an undue softness of the bones, due to deficiency of lime. The joints are large, due to swelling of the ends of the bones, or rather of the cartilages which are not yet transformed into bone. But the bones are not the only part affected; the muscles are weak and flabby, and the child is ill-nourished throughout. They are often plump-looking, but the plumpness consists of soft fat, and not firm flesh. If not remedied, it ends in bow legs and other deformities. A variety of rickets called "Scurvy-Rickets" is attended with hæmorrhage from the orifices as in scurvy proper. It is often due to excess of sugar in the dietary.

General Treatment.—There are two things of primary importance in the management of rickets—proper food and proper air. If the child is on the breast, and the mother delicate and the milk poor, it must be weaned and fed as advised under **CHILDREN** and **INFANTS**. Good cow's milk, or one of the milk foods, is the best. The meat-juice preparations are of great value in these cases, and sugar is especially to be avoided. If the child can be sent to the country, to some dry situation, it will probably recover without any additional treatment. It must, at the same time, be warmly clad with soft woollen material next the skin.

Medicines.—(Two or three times a day.)

Sil.—For thin children with large bodies, head perspiring, the perspiration being offensive.

Calc. c.—Fat children of soft fibre, head perspiring at night, but not offensive-odour.

Phos.—Thin, ill-nourished children, especially if of a consumptive family.

RINGWORM.—This is a disease characterised by circular red patches, covered with minute pustules which do not rise above the surface, but soon break and form scabs. The hairs are broken off short, the disease affecting primarily the hair follicles, and being due to a microscopic vegetable parasite which grows and spreads when once the germ of it comes into contact with one who is susceptible. It attacks the scalp in children, and sometimes the face and hands. In older persons it is not found on the scalp, but on the face, body, and especially the armpits.

Diagnosis.—Ringworm is distinguished from other similar diseases by observing the hairs of the part affected broken off short. A small lens is useful in searching for the broken hairs.

General Treatment.—The strictest attention must be given to cleanliness; the head must be gently sponged with tepid water twice a day, the hair kept closely trimmed, and for an area round the affected spot the hair must be cut quite close. Two or three times a week the head must be washed with soft soap. The diet must be plain and wholesome. Cod-liver oil may be given internally, and the affected spot may be touched with the same each time after the head is washed. Or, the spots may be painted with tincture of *Chrysophanic acid* 2. The disease is not purely local. It is not all who are brought into contact with the contagion who become infected; there must be a constitutional liability before the disease can develop. This is best combated by medicines.

Medicines.—(Two or three times a day.)

Sep. 6.—The best remedy to begin with.

Sul. 6.—If the eruption becomes dry and scaly.

Calc. c. 6.—In patients of the calcarea constitution.

Staph. 3.—Eruption moist and itching.

Arsen. 3.—Corrosive discharge; general health affected.

Hep. 6.—Forehead, face, and neck affected; eyes and eyebrows red and inflamed.

Ant. c. 6.—A thick scab forms on the head; the eruption extends over the entire face, with itching of the whole body.

ROSEOLA or **ROSE-RASH.**—The disease consists of an eruption of rose-red spots very like those of measles. It is distinguished from the latter by the absence of symptoms of cold in the head, catarrh, and the slight amount of fever. It is more common in warm weather, and frequently depends on some derangement of the stomach and bowels. The rash fades in a few days. The disease is not dangerous nor contagious.

General Treatment.—Light diet and protection from chills is all that is necessary.

Medicines.—(Every two hours.)

Acon. 3.—Restlessness, dry skin.

Bell. 3.—Flushed face, redness and soreness of the throat.

Puls. 3.—Disordered digestion.

RUPTURE.—The term "Rupture," or "Hernia," as it is technically called, refers to a giving way of the abdominal wall at certain points so as to allow a portion of the bowel or other abdominal organ to protrude and form a projection under the skin. The chief points at which ruptures take place are the navel (umbilical hernia), the groins (inguinal hernia), and the upper part of the front of the thighs (femoral hernia). Rupture is generally brought about by some sudden movement or strain, but there must be a constitutional element in it as well since some families are much more prone to it than others. Simple rupture, where the bowel can be returned without difficulty, is not in itself injurious; but there is the possibility that it may become "strangulated," that is to say, constricted at the point of emergence, when a very serious condition, demanding instant operation, is present.

General Treatment.—It will be necessary for the patient to have a perfectly fitted truss to support the weak part. It not unfrequently happens that under proper support, with constitutional treatment, the weak part becomes strong again and the protusion disappears. In case of difficulty arising at any time in returning the bowel, the patient should be laid on his back with the hips well raised and the shoulders low until medical help can be obtained. In infants,

umbilical hernia is treated by means of a small pad held on the part by strips of plaster.

Medicines.—(Every hour or two in acute cases. Three times a day as constitutional remedies.)

Nux 3.—In recent cases. In old cases when there is pain; or threatened strangulation.

Lyc. 6.—Right-sided inguinal rupture.

Calc. 6.—In fat, pale children.

Silic. 6.—In thin, rickety children.

See also **INFANTS, Rupture.**

SAINT VITUS'S DANCE.—This is a disease of the nervous system, the precise nature of which is not known. It is closely allied to rheumatism, and is often found associated with it. It is almost entirely a disease of childhood. The chief feature of it is a loss of control over the movements of the limbs and features. When the patient wishes to perform any act the limbs, instead of doing what he wishes, are jerked in different directions. The first symptom noticed is often an unaccountable clumsiness on the part of the child; he drops things for no reason, and a cup or a tumbler is never safe in his hands. Children are often scolded or punished for this when it is really a disease, and nothing could be more injurious. When children become fidgety, clumsy, and stupid after being the opposite, St. Vitus's dance (or *Chorea*, as it is technically called) should always be suspected. Except in the worst cases, there are no movements in sleep. It is quite curable, especially at the beginning.

General Treatment.—The great thing in chorea is to clothe and feed the patient well. Woollen clothing next the skin is a necessity. Bread, milk, and oatmeal porridge, milk puddings, eggs, beef-tea, and meat should be the dietary, with little sugar, sweets, pastry and

confectionery. Open-air exercise is also necessary, and if the child can be sent into the country, so much the better.

Medicines.—(Three times a day.)

Agar. 3.—This is the first medicine to be thought of.

Stram. 3.—After a fright.

Act. r. 3.—If there are symptoms of rheumatism and restlessness at night.

Arsen. 3.—Where there is great debility.

SCALDS. *See* **BURNS.**

SCALD HEAD. *See under* **INFANTS, Milk-crust.**

SCARLATINA.—An infectious or zymotic fever like measles, characterised by a bright red rash covering the body, and making it the colour of boiled lobster; sore throat, high fever, with delirium, and ending in peeling off of the cuticle or scarf-skin. The disease commences to show itself on the parts covered by the clothes, and soon spreads over the whole body. This is one of the marks which distinguish it from measles, which appears first on the face. Then in scarlatina there are no cold symptoms, which are so marked in measles, and the skin is dry and free from the peculiar "mousey" odour which the bodies of measles patients emit.

About a day before the rash appears the scarlatina patient feels ill, vomits his food, and, if a child, possibly has a convulsion; fever sets in, sore throat is complained of, and when looked at the throat is seen to be red. When the disease runs a favourable course, the eruption fades in a few days, the fever declines, the throat gets better, and in a week the skin begins to peel.

The dangerous complications to be feared are the sore

throat becoming diphtheritic, when there will be an acrid offensive discharge from the nose (but this does not come on at the very beginning of the disease, as is the case with nose-running in measles); spreading of the inflammation to the ears through the throat, and inflammation of the glands of the neck; and inflammation of the kidneys and dropsy. All these are dangerous conditions, and demand skilled medical attention.

It must be borne in mind that scarlatina may sometimes exist and run its course without any rash. There is generally sore throat, followed by peeling of the skin, and at times inflammation of the kidneys. When scarlatina breaks out in a house, where some members of the family have had it before, the latter may take it in this modified form, if they do not take measures to escape it.

Scarlatina is infectious from first to last—from the time that the fever sets in until the peeling stage is complete. It is this that makes it such a tedious disease to treat. The patient must be put in quarantine the whole time, which is generally six weeks.

For **Diagnosis**, *see* **MEASLES.**

General Treatment.—By way of prophylaxis, when scarlatina breaks out in a house, all those who have not had the disease should take a dose of *Belladonna* 3, night and morning. This will almost certainly prevent the disease spreading.

The usual treatment for fever patients must be adopted. A well-aired, well-warmed room from which all carpets and superfluous furniture have been removed, is the first requisite. A sheet hung over the door outside, moistened from time to time with some disinfectant, is a useful precaution, and serves as a warning to passers. When the eruption comes out, the patient

should be sponged three times daily with vinegar and hot water (one pint of vinegar to four of hot water). After the fever is over the greatest care must be taken to guard against chills. The patient should be rubbed all over with salad oil at bed-time, and sponged with warm water in the morning. The clothing should be warm. So long as there is peeling he should not go into the open air.

The diet must be gruel, barley-water, water, beef-tea, and milk. No solid food must be given so long as there is any fever.

The poison of scarlatina is very difficult to get rid of, and the most careful measures of disinfection are required. The bedding used by the patient should be either burnt or baked. The linen must be soaked in a strong solution of carbolic acid before being sent to the wash. In the room he has occupied sulphur must be burnt, with doors and windows securely closed. The room should be left so for twenty-four hours, and then the windows opened wide till the smell of sulphur has gone. It may then be washed. Toys and books should be burnt or baked. Disinfection should be carried out by professional sanitary authorities when available.

Medicines. — (Every hour when the symptoms are very acute, and less often when not so urgent.)

Acon. 3.—Before the eruption appears; high fever, restlessness, anxiety, tossing about, head hot, hands and feet cold.

Bell. 3.—Eruption bright red and smooth; throat and tongue dry and burning; great thirst, with difficulty in swallowing; throat bright red, jaws stiff; delirium. (*Bell.* is the chief remedy in typical cases of the disease.)

Merc. 6.—After *Bell.*, when the latter does not seem to act. Ulceration of the tonsils, increase of mucus, and swelling of tongue, throat, and tonsils.
Bry. 3.—When the eruption does not come out well. Rheumatic symptoms worse by movement.
Rhus t. 3.—After *Bell.*, when there is delirious talking, with dry tongue and pricking of the lips. Rheumatism and restlessness. After the fever, when the neck begins to swell.
Lach. 6.—Children very cross; eruption dark in colour and scanty; diphtheritic membrane on throat.
Arsen. 3.—Great prostration; eruption pale, scanty; ulcers of the throat turn livid about the edges and emit an offensive odour. *Arsen.* may follow *Rhus*, if insufficient, when the glands of the neck swell; also when dropsy follows taking cold.

SCARS.—Sometimes scars of old wounds become irritable and inflamed years after the wound has healed. Sometimes they even grow in size, and then they constitute the tumour called Cheloid.
Treatment.—The only treatment for this condition is treatment by medicines, and *Silica* 6 given twice a day will be found the most effective remedy. After *Silica*, *Graphites* 6 may be given if necessary.

SCIATICA.—The two sciatic nerves are the largest nerves in the body. They pass out of the spinal column, at its lowest part, by several heads, and pass down the limbs behind the hip-joints, descending to the feet. They gradually diminish in size, as they give off branches to the various muscles and parts of the limbs as they descend. When one of these nerves becomes the seat of neuralgia it is called "sciatica." The pain of it is often intense, and is felt in the course

of the nerve, the tenderest point being at the back of the hip. Rheumatic pain in the hip-joint may be mistaken for sciatica at times. Sciatica itself may be of rheumatic origin. It often follows a chill, and those who are of a rheumatic constitution are more liable to be affected than others.

Diagnosis.—Sciatica must be distinguished from hip rheumatism and from paralytic affections in the spine. In rheumatism of the hip-joint many of the symptoms can be referred to that region. The pains may extend down the limb, but the tenderest part is the hip-*joint*, and the pains are worse when the joint is moved or pressed upon. Paralytic diseases of the spine are more apt to be two-sided than sciatica, which affects one side only as a rule; and presence of paralysis or loss of power in the lower limbs, independently of the pain in these cases, is an additional distinguishing feature.

General Treatment.—In the way of general treatment, keep the limb warm and avoid anything likely to lower the general health. Generous diet should be prescribed and the patient's health kept up. Massage by a skilled masseur or nurse will often help greatly.

Medicines.—(Three or four times a day.)

Rhus 3.—Pains aggravated by rest, and better by motion.

Coloc. 3.—When in the right hip; when induced by anger or indigestion; pains worse by movement.

Acon. 3.—When accompanied by numbness in the limb or toes.

Arsen. 3.—Pain acute, dragging, sensation of cold in the part affected; pains periodical, in weak and emaciated persons.

Nux vom. 3.—When the pain is attended by a sensation

of stiffness or contraction of the limb; torpor, with chilliness in the affected parts.

Ign. 3.—Cutting pains, especially on moving the limb.

Cham. 6.—Pains worse at night; with excessive sensitiveness.

SCREAMING OF CHILDREN. *See under* **INFANTS, Crying.**

SCROFULA.—This is a constitutional state which manifests itself in peculiarly intractable inflammations, particularly of the skin, eyes and eyelids, glands and bowels, and in consumption of the lungs. These inflammations are described under their several headings, but a word may be said of the constitution. It is inherited, but it may be remedied to a large extent, if not entirely. There are two types of the scrofulous constitution; the fat, pale, fair, sluggish child constitutes an example of one type; the thin, active, restless child, with large, dark eyes and long lashes, is the pattern of the other.

General Treatment.—Fresh air, warmth, good wholesome diet, into which milk largely enters, and sweets not at all, are the principal general measures by which scrofula may be combated. Cod-liver oil two or three times a day should be given wherever it is tolerated, and rubbing the child with cod-liver oil at night will induce vital reaction when nothing else will. Married people who know themselves to be affected with the tendency should submit to treatment, and their children are much more likely to escape.

Medicines.—(To be taken twice daily, night and morning, for one or two weeks, and then suspended for the same period, and again resumed.)

Calc. carb. 6.—This medicine corresponds to the first-

mentioned type—that of sluggish children. If the head perspires at night the perspiration is not offensive.
Silic. 3.—Is more suited to thin, restless children. When there is perspiration it is offensive.
Phos. 3.—If there is any tendency to chest affections.
Sulphur 6.—When there are irritable eruptions, worse at night, sour perspiration, constipation, hot head and cold feet.

SCURF. *See* **DANDRUFF.** *Also see under* **INFANTS, Scurf.**

SCURVY. *See* **MOUTH.**

SEA-SICKNESS.—The primary cause of sea-sickness is the motion of the vessel, but steamers, with the smell of their oily machinery, have added another nauseating element.

General Treatment.—For those who suffer severely the best plan is to have a good meal before going on board, and if the voyage is short to lie down at once and remain so all the way. If the voyage is a long one the malady must be fought and conquered. The patient must take food and exercise. No matter if the food returns at once more must be taken. If the patient cannot walk alone he must take exercise supported by some one on either side. Different kinds of food will be acceptable to different patients. Soup will be the most easily taken in a general way. Some can eat raw ham highly peppered. When once a beginning is made other things can be taken.

Medicines.—The three chief remedies for sea-sickness in my experience are *Arnica*, *Cocculus*, and *Petroleum*. These may all be given in the third potency. *Arnica* is the best routine remedy. Considering that oil made from Petroleum is used for the machinery of steamers,

those who are powerfully affected by the smell should take either *Arnica* or *Cocculus*. The best way is to have a packet of powders of sugar of milk, each containing one drop of the tincture. One of these should be taken an hour before embarking; and afterwards, one every twenty-minutes, every half-hour or every hour, according to the urgency of the symptoms, until they subside.

SHINGLES.—This is a disease characterised by the appearance of small blisters on an inflamed base along the course of a nerve—sometimes of the face, sometimes of the side—preceded, accompanied, and sometimes followed by severe neuralgic pains. When it appears on the face it is called *Herpes Facialis*, and when on the side *Herpes Zoster*, *Shingles*, or *Zona*.

General Treatment.—When the eruption is situated so that it comes in contact with the clothes, measures must be taken to prevent friction. A simple ointment (cetacean, or prepared lard), spread on a piece of lint to cover the spots, and over this a pad of cotton-wool, will form the means to this end. When there is much burning in the spots let them be bathed (gently, so as not to break them) with a lotion of *Cantharis* 3x (half a teaspoonful to two tablespoonfuls of water).

Medicines.—(Every four hours.)

Rhus 3.—The most useful medicine to begin with.

Arsen. 3.—In chronic cases and in debilitated persons.

SICK HEADACHE. *See* **HEADACHE.**

SICK, REGIMEN OF. *See under* **DIET.**

SICK-ROOM.—The chief requisites for the sick-room are—plenty of fresh air of moderate temperature, as

much light as is agreeable to the patient, and quietness. By way of furniture, there should be just as much as the patient and nurse require, and no more—bed, one or two tables, and a couple of chairs. The bed should have no curtains or hangings. For ventilation there is nothing better than an open fireplace and fire enough to keep the room at a proper temperature. If the weather is cold it is well, when possible, to keep a window open in an adjacent room, and a good fire burning. If the door of this room is kept open, and also the door of the sick-room (as much or as little as is desired), the fresh warm air will be drawn from the vacant room into the sick-room. Otherwise the window of the sick-room may be kept open so long as there is no draught on the bed.

Quietness is a great requisite. Only as many people as are required to attend on the patient should be allowed in the room at one time. The number of visitors should be strictly controlled by the medical man, as there is nothing more fatiguing to a patient (especially during convalescence) than to see persons whom he has not constantly about him.

SIGHT.—The sight may be affected in many different ways. It may be impaired by inflammation, or the consequences of inflammation. Or the transparent parts of the eye, as the lens, may become opaque, which is "cataract." But the commonest causes of defective sight are peculiarities in the shape of the eye. Of these there are three principal ones—short-sightedness (myopia), long-sightedness (hypermetropia), and old-sightedness (presbyopia). In addition to these is another defect caused by irregularities in the curves of the transparent part of the front of the eye (the cornea). This is called "astigmatism." All these

defects can be corrected with glasses. But it must not be forgotten that defective structure often depends on imperfect constitutional health, and it is always advisable to attend to the general health and give the patient, if a child, a prolonged course of constitutional treatment before putting on glasses. In many cases the necessity for them is removed.

Near-sightedness depends on the eye being too long from before backward. The image of all objects, except those quiet close to the eye, is formed *in front of*, instead of upon the retina (the membrane which is the actual organ of sight) at the back of the eye. This condition may be inherited, or it may be brought on by over-use of the eyes, especially in children. For this *concave* glasses are required.

Long-sightedness is due to the opposite defect; the eyeball is too short from front to back, and the image is formed *behind* the retina. This is always an inherited defect. It is corrected by *convex* glasses. What is commonly called "weak sight" is in a general way due to this defect. In early life it is not so much noticed, as the accommodating powers of the lens of the eye are great enough to overcome it. The first thing that is noticed is that distant objects are seen clearly, but the vision of near objects is blurred. If not corrected early this condition may lead to squint.

Old Sight.—Persons who have always had good sight, when they come to the age of forty-three to forty-five find that they must hold books and newspapers they are reading farther off than previously. This is due to changes in the crystalline lens of the eye, and requires the use of glasses.

The choice of spectacles is not to be entrusted to ignorant persons. For simple defects an experienced

optician will be able to suit the patient. But for defects that are at all complicated it will be necessary to consult an oculist, who will examine the eye and prescribe the glasses needed.

Persons who work near fires, or travellers in snow regions, or where there is dazzling sunlight, should wear light blue spectacles.

For the preservation of good sight, care must be taken to have a good light for using the eyes—the light to fall on the work, not on the eyes. The light should come from the side, and a little behind. Close work should never be carried on continuously without a rest. Reading should not be done whilst riding, unless the carriage is very steady.

See also **BLINDNESS, EYES, INFANTS.**

SKIN.—The skin is one of the principal organs of the body. As well as affording a covering, it contains innumerable sweat glands and glands for the secretion of an oily, sebaceous material which keeps it soft and pliable. It follows that it is a matter of great importance to keep the skin healthy. Exercise, friction, cleanliness, and wholesome feeding are all necessary for this. The morning cold bath, followed by a brisk rubbing with a rough towel, is an excellent measure for those who are robust and have good reaction. For those who are less robust the tepid bath may be substituted, and those who are excessively chilly and sensitive to cold chills and damp may be sponged rapidly with spirits of wine. Those who have dry, harsh skins and are ill-nourished should be rubbed at night with cod-liver oil, or olive oil, and sleep in a flannel night-dress. In the morning they may be sponged with tepid water and rubbed with rough towels. For those who are chilly it is necessary to

have underclothing entirely of wool or silk ; no mixture of cotton and wool is enough.

The skin is often the outlet for chronic delicacies to manifest themselves upon. In these cases care must be taken not to treat them as if they were merely local affections. Many persons who suffer from eczema notice that they are much better when the disease is out than when it is in, and it must always be regarded as a misfortune when a skin disease disappears and some internal disease shows itself instead. The only proper treatment for all such affections is that which regards the constitution as a whole—in other words, homœopathy, as taught by Hahnemann.

For the treatment of the various kinds of skin disease, *see under* **ACNE, ERUPTIONS, ECZEMA, PSORIASIS, SHINGLES,** &c. For general delicacy of the skin the following medicines will be found of great service :—

Medicines.—(Two or three times a day.)

Hep. 6.—Skin unhealthy, slightest scratches tend to fester.

Petrol. 3.—After *Hepar.*

Sulph. 6.—Skin irritable and tendency to itching eruptions.

SLEEP.—Healthy persons fall asleep as soon as they go to bed, and wake up when they have had sufficient. They should get up then, because it is just as easy to take too much sleep as too little. In the matter of the right amount of sleep every person is a law to himself. For the majority of men seven hours is enough. Most women require more. The reason of this is not obvious ; but the fact that their mode of dressing is different from that of men, and limits the movements of the chest and body more, may have

something to do with it. At night all hindrances to proper chest movements are removed, and the want of this freedom during the day may render longer hours of rest and relaxation necessary. Healthy persons who go to bed at ten or eleven should rise at six or seven at the latest. They can generally wake at that hour. Drowsiness during the day in youths is a sign of feebleness, and ought to be medically treated. In those who are not very strong it is not a bad thing, and a short nap after meals, or even before meals, will do them good.

Sleeplessness is more frequently complained of than the opposite condition. It is an accompaniment of many diseases, and it may constitute a disease in itself. It may arise from eating too much in the evening or not eating enough, or it may arise from drinking coffee or tea. Excitement, over-exertion, or mental or emotional shocks may cause it. When the cause can be found it will be necessary to remove it.

General Treatment.—Let the feet be kept warm, and, if necessary, by a hot bottle placed in the bed. Let there be some nourishment, as biscuits, milk, blancmange, or jelly, of which the patient, if sleepless, may take one or two spoonfuls from time to time. The old-fashioned plan of counting an imaginary interminable flock of sheep as they jump, one by one, through a gap in a hedge, may be tried.

Medicines.—(A dose to be taken just before getting into bed, and repeated in half an hour if necessary.)

Acon. 3.—When there is much restlessness, anxiety, or feverishness. After agitating events.

Opium 3.—In old people; various figures and visions appear before the eyes and prevent sleeping.

Bell. 3.—After *Opium.*
Coff. 3.—After exciting and agreeable events; useful for children.
Ign. 3.—Thoughts of the day's doings; from tormenting events, and such as cause dejection.
Cham. 6.—Connected with bowel complaints and flatulency.
Puls. 3.—When following a surfeit.
Nux v. 3.—After late reading or singing.
Camphor.—An ordinary camphor pilule taken once or twice in the night will often induce sleep.

SMALLPOX.—This is one of the infectious, eruptive fevers, depending on a specific microbic poison. It generally attacks a person only once in a lifetime, and after vaccination the susceptibility is generally lessened for a time. When smallpox is caught by inhaling the poison the disease is generally more intense than when it is transferred by introducing smallpox matter under the skin. The discovery of this fact led to the practice of "inoculation." But the disease when taken in this way was not always mild, and was sometimes fatal, and the person inoculated was just as likely to spread the infection in the intense form as any other smallpox patient, and this led to the abandonment of the practice before vaccination came in. The incubation period (that is, the time between the infection and the first appearance of the symptoms) is ten days. The first symptoms are severe backache and intense headache and fever. There is also a dirty tongue, and symptoms of a deranged stomach. At the end of the third day small red spots appear, first on the face, communicating a "shotty" feel to the touch, and then appear on the body and limbs. On the second day the pock has a little blister

at the top, which soon becomes filled with milky fluid. The centre of the pock is depressed. It takes nine days for the eruption to come to full maturity, and there is a marked subsidence of the symptoms. In a day or two the second stage—that of suppuration—begins, and then there is a rise of fever again. This lasts only a short time, and after this the pocks begin to dry up, a scab forms and becomes black. When this separates, if it is in a part that has been exposed to the air, it leaves a depressed scar or pit. When the eruption is very profuse the pocks run into one another, and the disease is called *confluent smallpox*. This is always dangerous. The critical days are the eighth and the eleventh. It is on these that the greatest number of deaths occur.

Diagnosis.—When smallpox is fully developed there is very little chance of making a mistake, but in the early stage, when the eruption is just beginning to appear, it is sometimes taken for measles. If, however, the finger is passed over the skin the eruption will be found to communicate a "shotty feeling," as if there were fine shots under the skin. In measles the eruption is raised, but much more slightly and it does not give this feeling.

General Treatment.—The proper ventilation, lighting and warming of the sick-room are of the greatest importance. It should contain nothing that is not absolutely required, and should be isolated from the rest of the house. The nurse or nurses must also be quarantined.

During the first part of the illness the patient must be kept on low diet—milk, gruel, beef-tea, and no solids. When the fever is gone he must be fed well, and may take any plain food he can relish.

The face must be carefully protected from the light by a mask made of linen, and smeared with vaseline, or else with carron oil (equal parts of linseed oil and lime-water). Twice or three times a day the patient must be sponged (or brushed with a long-haired brush, such as used for white-washing) all over with a solution of carbolic acid (one part of the acid to sixty parts of warm water); this will be found most grateful to the patient. This may be continued throughout the fever and as long as the patient likes it.

Medicines.—(Every half hour to every two or three hours according to urgency.)

Variolinum 6.—May be given as a routine practice every four hours. It will sometimes cut short an attack. Other remedies may be given concurrently according to indications below.

Acon. 3.—Before the eruption comes out; congestion to the head, injected eyes, fulness of the chest, palpitation, great restlessness.

Bell. 3.—Before the eruption, delirium with headache; red face; inflammation of the eyes; with anxious look; intolerance of noises.

Bry. 3.—Headache and backache; cough, with soreness of the chest; constipation.

Rhus 3.—Great backache, restlessness, vesicles beginning to form.

Ant. tart. 6.—Drowsiness, with gaping; coolness, with clamminess of the skin; vomiting when the eruption ought to appear.

Merc. 6.—Sore throat, ulceration about the eyes and nose; fetid breath, and pains in the bowels, with perspiration and diarrhœa; matter forming in the pocks.

Arsen. 3.—Patients very restless, anxious, delirious;

twitch, and throw themselves about; abdomen bloats, is very sensitive to touch; diarrhœa sets in.
Sulph. 6.—For the itching during the drying stage.

SNAKE-BITES. *See* **BITES.**

SPASMS.—Any part of the body which contains muscular fibres may be the seat of spasms; but the affection which is commonly known by that name is an affection of the bowels and stomach, which become spasmodically contracted in consequence of some irritation or other, and principally wind. Gouty persons are more liable to these attacks than others. Voiding of wind, either by the mouth or the bowel, gives relief. The attacks are exceedingly painful.
General Treatment.—The thing *not* to do for spasms is to drink spirits or take carbonate of soda. These, if they give temporary ease, only aggravate in the long run. Hot applications to the stomach will relieve—either as an india-rubber hot-water bottle or a bag of hot salt; a little milk or weak chicken-tea may be sipped from time to time.
Medicines.—(Every five or ten minutes until relieved.)
Nux v. 3.—Pain severe after eating, after rising early; sometimes disturbing the patient in his sleep. Chest oppressed as if encircled by a band; nausea, salivation, sour, bitter, burning fluid rising in the throat; vomiting of food; sour, putrid taste in the mouth; flatulency, distension of the abdomen, and constipation; cramp in the stomach during menstruation.
Puls. 3.—May be given after *Nux*, if the latter ceases to benefit. Piercing pains when walking, especially on making a false step, always accompanied by nausea and vomiting; evacuations loose; tension of the body

with violent throbbing and anxiety. Suited to persons of a mild disposition, and to cases where eating rich or fat food was the cause. Cramp in the stomach during menstruation if the flow is scanty.

Ignat. 3.—After *Pulsatilla*. Pains like those of *Nux*, but without hard stools, and with less vomiting. Pressure in upper part of stomach after every meal, or in the lower part of the throat; stomach feels as if hanging on a thread. Suitable to cases due to insufficient food

China 3.—In persons debilitated by cathartic drugs, emetics, loss of blood, or nursing women. Stomach weak, feet cold, food causes inflation of the stomach; pains worse when patient is at rest, better when in motion.

Carbo veg. 6.—After *Nux*. Burning pain, or constant, painful, anxious pressure, worse when touched; or contracting, spasmodic sensation, forcing the patient to bend, taking away his breath, aggravated by lying down; heartburn, nausea, loathing at the very thought of food; constipation.

Cham. 6.—Pressure in the stomach as from a stone; pit of stomach and the parts under the ribs distended so as to cause anxiety or shortness of breath. Symptoms worse during the night; patient extremely uneasy and agitated, tosses about on the bed and sweats profusely. Cramp in the stomach during menstruation. After *Nux*.

Bry. 3.—Pressure as from a load on the stomach, as *Chamomilla*, especially when it begins during a meal or immediately after; the pit of the stomach feels as if swollen; the pressure may change to a pinching, or cutting pain, relieved by pressing on the stomach or by eructations of wind; pains aggravated by motion

(opposite to those of *China*); constipation; pressure in the forehead.

SPITTING OF BLOOD. *See* **BLOOD-SPITTING.**

SPRAINS.—When a limb receives some wound or twist without the breaking of a bone, there may be breaking or stretching of ligaments or muscles. This constitutes a sprain. It is evidenced by pain and swelling, and, it may be, by extravasation of blood causing a bruised appearance.

General Treatment.—When a limb or a joint is sprained it should be placed in water as hot as can be borne, in which tincture of arnica (a teaspoonful to the quart) has been mixed. This may be repeated every four hours till the inflammation and pain have subsided. Then if it is a joint, as the ankle joint, it must be strapped with broad strips of adhesive plaster to give it support, and the patient must then walk about; or move and use the joint, if it is not in the lower limb. The joint must on no account be allowed to become stiff, and if movement causes a little pain, that must not be minded.

Medicines.—(Every hour until the pain subsides, then less often.)

Arn. 3.—If there is bruising as well as sprain.

Rhus 3.—Pain, restlessness, and stiffness.

Sulph. 6.—Stiffness remaining after a sprain.

SQUINTING.—In children this is often due to weakness of constitution, either inherited or following on exhausting disease, as scarlatina. One or other of the muscles which move the eye becomes weak, and does not move the eye synchronously with the other. This is sometimes recovered from without treatment. Squinting is sometimes due to irritation of the brain

caused by worms. It may be due to the light falling always on the same side of the child's cot. More commonly it is due to defective vision.

General Treatment.—See that there is nothing wrong with the general health of the child, and that it is not allowed to sleep with a bright light at one side of its cot. When the vision is defective a physician must be consulted.

Medicines.—(Three or four times a day.)

Bell. 3.—If there is great heat in the head.

Cina 3.—When there are worms.

Cupr. 6.—After scarlatina.

See also under **INFANTS, Squinting.**

STIFF NECK. *See* **NECK, CRICK IN,** and **WRY-NECK.**

STING. *See* **BITES.**

STOMACH, AFFECTIONS OF. *See* **BLOOD-VOMITING, DIARRHŒA, DYSPEPSIA, HEARTBURN, SPASMS, VOMITING.**

STUTTERING.—This is a nervous affection, but it may be overcome by practice. Children should be made to breathe deeply and slowly. During the slow expiration they should be made to clap their hands at first, and afterwards to pronounce a few words, but not during inspiration. Sometimes it is curable by medicines.

Medicines.—(Once a day.)

Bell. 3.—At first.

Merc. 6.—After *Bell.*

Stram. 3.—If these fail.

STYES. *See under* **EYELIDS.**

SUNSTROKE.—It is not always the direct rays of the

sun which produce the condition known as sunstroke ; exposure to excessive heat of any kind will do it. There are degrees of sunstroke or heatstroke, from violent, tight, throbbing headache, to complete paralysis of all the limbs and loss of consciousness.

General Treatment.—When overheated in summer by working, a few drops of spirit (whisky or brandy) should be taken on a little sugar, or a small quantity of strong wine. No cold water should be drunk. If much fatigued, as well as overheated, a cup of tea is better. In cases of sunstroke, with heat of the head externally, warm water should be applied either on cloths or poured on.

Medicines.—(Every five minutes until reaction sets in.)

Glon. 3.—Patients fall down as if struck by apoplexy ; eyes fixed, glassy, without expression ; pulse scarcely perceptible ; face pale ; there may be retching ; cold sweat ; body cold, head hot. In less severe attacks when the head feels too full, throbbing as if it would burst.

Acon. 3.—Body hot all over, pulse large, hard, and full ; signs of distress and anxiety, shown by starting, putting hands to head, grinding teeth, rolling eyes.

Bell. 3.—Eyes fixed, half open, turned upwards ; face red, head and whole body hot, involuntary passing of urine and fæces ; pulse full and hard ; occasional twitching of the limbs ; putting hands to head ; bending head backward ; heavy sleep.

Puls. 3.—In headache from heat, where there is fulness as if pressed asunder, as if the contents would fall out at the forehead, increased by walking, stepping, or every motion ; with fever, thirst, vomiting, sleeplessness, anxiety, uneasiness, starting, weeping.

Bryon. 3.—Headache from overheating, like that of *Bell.*, when the patient is weak and peevish, cannot bear the pressure of his clothes, passionate and cross.

SWOONING. *See* **FAINTING.**

TAPE-WORMS.—These parasites infest the intestines. They are called *solitary* worms because they do not occur in numbers as other worms do, but alone. Sometimes they give rise to no symptoms, but more generally they cause all sorts of abdominal pains. Many persons imagine they have tape-worm from their having a feeling as if there was something alive inside. The only sure sign is the finding of parts of the worm in the stools, and no person should be treated for tape-worm unless these have been found. The worm consists of a head which is very small and a body which consists of flat, oblong segments, each segment being complete in itself, and containing the eggs of the creature. These segments come away from time to time, but so long as the head remains they will be replaced.

General Treatment.—When once the worm has found lodgment in the bowels there is not much to be done by way of medicines. But by way of prevention much may be done. Before the eggs of the tape-worm can develop they must pass through an intermediate stage. They must be eaten by some animal and enter into its flesh If the flesh is eaten uncooked, the eater will most likely have tape-worm. The disease is common in countries where raw ham is eaten, pigs not being clean-feeding animals. The inference is that all meat should be well cooked before it is eaten.

Medicines.—(The object of medicines is either to poison the worm, or so to affect the constitution as to

render it uncongenial to the worm. The latter is sometimes accomplished by homœopathic medicines; the former must only be undertaken by a physician. The medicines should be taken one dose every morning for a week.)

Calc. c. 6.—To begin with.

Spig. 3.—After *Calc.*

Sulph. 6.—If these fail.

TASTE DISORDERED or **LOST.**—Loss of taste is a frequent accompaniment of cold in the head, and it usually passes off with the cold. Indigestion is accountable for the bad taste that some people experience in the morning, and various other derangements of taste.

General Treatment.—When the taste is disordered great care should be taken with the teeth. They should be cleaned after each meal, or at least night and morning. All rich and fat food should be avoided.

Medicines.—(Every few hours.)

Nat. m. 6.—Loss of taste after a cold; food tastes bitter; the taste of food eaten remains long in the mouth.

Merc. 6.—Bread tastes sweet; salty, sweet, or taste of bad eggs in the mouth; bitter taste in the morning; food has no flavour.

Puls. 3.—Earthy taste; loss of taste.

Nux. 3.—Bad taste in the mouth in the morning; food and drink taste sour; sour, bitter taste; bad odour from the mouth.

Calc. 6.—Offensive, sour taste.

Sulph. 6.—Bitter, pasty, bilious, metallic; like vinegar; taste of blood.

TEA, BAD EFFECTS OF.—Tea, when indulged in to excess, causes indigestion and nervousness.

General Treatment.—This consists in leaving off tea.

Medicines.—(Two or three times a day.)

China 3 is the chief antidote to tea-poisons, both for acute and chronic cases.

Ignat. 3 may be given instead of *China*, when there is extreme nervousness.

Ferrum 6.—In chronic cases when *China* is not sufficient.

Thuja 6.—In cases where there is much flatulence and indigestion.

TEETH.—The causes of decay of the teeth are partly constitutional, partly nutritional, and partly arising from neglect. In families where the teeth decay early, the coming generation may be protected by careful treatment of their parents. Child-bearing women should be very careful to eat such articles of food as contain sufficient lime salts, such as good whole-meal bread, and they should take internally remedies which promote the growth of bone. Many women, as they say, "lose a tooth" for every child they bring into the world; that is to say, they find that a tooth decays after each birth. Proper diet and treatment would prevent this. Teeth should be properly cleansed if they are to be preserved. After each meal the particles of food that lodge in the interstices between the teeth should be removed with a quill or a wood tooth-pick. If they are allowed to remain they decompose, and the acids formed will destroy the enamel. All sweet, rich food tends to destroy the teeth.

The following advice on the prevention of caries, or decay, of the teeth I take the liberty of transferring from *The Prescriber*:—

"To *prevent* caries, live on simple food; too rich, too

sweet, or too exclusively animal a diet, each tends to produce such a condition of the digestion and secretions of the mouth as favours the destruction of the teeth. Vegetarians say that their teeth are easily kept clean. The most important point is to clean the teeth thoroughly and regularly. The formation of the tartar on the teeth is by no means preservative of them, as is vulgarly imagined ; it tends simply to destroy the gum and rob the teeth of support. When it has formed it should be taken off by a dentist, if necessary, by the process of scaling. It should never be allowed to reform. The best dentifrices are the simplest ; those, for instance, composed of powdered Castile soap, with a little powder of harder grain for polishing the enamel. The best brush is one neither very soft nor very hard. The first teeth of children should be most scrupulously cared for. If they are allowed to decay and come out the jaws fail to expand properly, and the seeds are laid of future trouble with the second set. Besides, the first set gives evidence of those depraved conditions of constitution which by proper treatment may be in large measure or wholly counteracted before the set appear. For all reasons, then, the temporary teeth demand the careful attention of both parents and physicians. It is quite as necessary that carious temporary teeth should be stopped whenever possible, as it is that the permanent should."

The constitutional treatment should be carried out under a medical man, but a few hints may be given here.

Medicines.—(Two or three times a day.)

Merc. 6.—In children if the teeth are peg-shaped ; decay ensuing, turning black, bleeding gums ; teeth falling out without cause. [This may be given to

child-bearing women whose elder children have peg shaped teeth.]

Calc. c. 6.—For fat, scrofulous children.

Phos. 3.—Teeth become discoloured, decay, and fall out; bleeding of the gums and formation of abscesses.

Kreas. 3.—Rapid decay of teeth, with much toothache.

Calc. phos. 3.—For pregnant and nursing women whose previous children have been rickety.

See also **TOOTHACHE.**

TEETHING. *See under* **INFANTS**, Teething.

THREAD-WORMS. *See* **WORMS.**

THROAT, SORE.—When sore-throat is spoken of it refers to the back part of the mouth (pharynx) leading into the gullet. When the larynx (the voice-box) which forms the "Adam's apple," is affected, the condition is called laryngitis and is a quite different affection, though in diphtheria, the worst form of sore throat (*see* **DIPHTHERIA**), the larynx is apt to be affected as well as the pharynx. The throat is best seen by placing the patient on a chair before a good light and directing him to open his mouth wide and say "ah." It may be necessary to depress the tongue with a tongue-depressor or a spoon-handle at the same time. This brings into view at the back a smooth piece of mucous membrane which lies in front of the spinal column and forms the back wall of the throat. In front of this, rising up from each side of the root of the tongue, and passing up to the palate, are two folds of mucous membrane. Between these folds lie the tonsils, one on each side of the throat. The soft palate, with the uvula in the centre, completes the arch of mucous membrane leading into the cavity of the pharynx. From the back part of the throat, just above

the palate, the "Eustachian tubes" lead into the cavity of the ear. It is to swelling of the mucous membrane of these tubes that deafness is due in cases of sore-throat and cold.

When the throat is inflamed any part of the structures described may be affected. When it is the tonsils mainly or chiefly, the disease is called Tonsilitis or Quinsy (*see* **QUINSY**). Simple, acute sore-throat from cold consists of extensive inflammation of the mucous membrane. A chronic form of sore-throat, due to repeated attacks of acute inflammation, from overstraining in speaking or singing, or from constitutional weakness, goes by the various names of *chronic, relaxed* sore-throat, *clergyman's* sore-throat, and *granular* sore-throat. Persons who suffer from this are constantly liable to acute attacks from very slight causes. There is generally a great deal of hoarseness in these cases.

General Treatment.—When sore-throat first comes on, a cold-water compress (two or three folds of linen wrung out of cold water applied across the throat and around the neck; this covered with a roll of flannel or a long worsted stocking) is an excellent remedy. Very often it will suffice of itself to cure. It should be applied on going to bed.

Men who suffer from chronic sore-throat should let their beards grow. Speakers must be careful not to overstrain their throats; bad methods of producing the voice and breathing are responsible for many cases of sore-throat. It is well to bathe the throat and neck well with cold water every morning, and not wrap it up too warmly.

One of the best gargles is milk. The vapour of hot milk may also be inhaled, or of milk that has had figs boiled in it. This may be also drunk.

Medicines.—(Every hour to every four or six hours according to urgency.)

Acon. 3.—Difficulty in swallowing or speaking; throat red; burning, pricking, contracting sensation, accompanied by fever, anxiety, impatience and uneasiness.

Bell. 3.—Dry, burning sensation in throat; a disposition to hawk up something; violent, pricking pains when swallowing or hawking; spasm on attempting to swallow fluids; pressing, shooting in tonsils; dry, furred tongue.

Merc. 6.—After *Bell.*, in cases similar to those described under that medicine; sensation of hot vapour rising in throat; tongue furred and flabby, bearing the impression of the teeth; painless ulcers.

Hep. 6.—Pricking pains, violent when swallowing, extending to the ears, or glands of the throat; sensation as if a fish-bone were in the throat; disagreeable taste in the mouth; salivation; heat, chills, perspiration which does not relieve; uneasiness; symptoms worse at night, in cold air. After *Merc.*

Lach. 6.—Throat always worse after sleeping; continual desire to swallow; accumulation of mucus; ulcers; spasm of the throat; throat very sensitive to touch. In *Lach.* cases the left side is apt to be most or earliest affected. (*See also* below.)

Puls. 3.—Sensation of swelling like a plug in the throat when swallowing; redness; sensation of scraping; dryness without thirst; shooting pains, worse when not swallowing; feeling of tension; throat bluish-red; chilliness in evening, followed by heat; fever without thirst.

Bry. 3.—Throat painful on being touched, or on moving the head; swallowing difficult and painful, as if a hard substance in the throat; shooting pains and soreness,

attended with dryness, or a feeling of dryness, which makes swallowing difficult; fever, dry mouth, with or without thirst, great irritability; after being over-heated, or after eating or drinking ice-water.

Rhus 3.—When with the sore-throat there is extreme restlessness; bloody saliva runs from mouth.

Apis 3.—Patient always chilly, afraid of open air, cannot bear close room; fever without thirst; tongue and throat as if scalded; stinging when swallowing; swelling looking as if the throat had been stung by a bee.

Sulph. 6.—Sore-throat frequently recurring, or chronic sore-throat; swelling, difficult swallowing; peculiar pricking pains, sensation as if a lump in the throat, or as if the throat were too narrow, with soreness or dryness.

Phos. 3.—Swelling and redness of the soft palate, difficult swallowing, pricking pains.

Lach. 6.—Uvula chiefly or alone swollen, with the same symptoms as *Sulph.*

Arn. 3.—"Clergyman's sore-throat," when due to over-straining the voice.

Hydr. 3.—Chronic, granular sore throat; much secretion of mucus, which drops from the back of the nose into the throat.

THRUSH or **FROG**.—These are popular names for inflammation of the mucous membrane of the mouth (Aphthæ) which occurs in the last stage of wasting diseases in adults. It is a frequent affection of children in the early months of life. In them it is of less significance, though demanding great care. It is often accompanied by excoriation between the legs of the child and around the anal orifice. It is then said to have "gone through" the child, and there is a

popular superstition among nurses that it must "go through" the child before it can be cured. The sooner this idea is banished the better it will be for the infants. The disease seldom arises except from disorder of digestion, and the cause may often be found in the teat or tube of the feeding-bottle. These are a favourite breeding-ground for all manner of micro-organisms, which set up fermentation in the food and act injuriously on the child, producing sickness, diarrhœa, and thrush. The distinguishing feature of thrush is the appearance of little white specks on the lining membrane of the mouth.

General Treatment.—When the infant is brought up by hand see that the bottles and their mouthpieces are thoroughly cleansed once a day. When not in use let them lie in water in which a little soda has been dissolved. The teat should be brushed with soap and water once a day at least. The infant's mouth should be washed with water after each time of feeding.

Medicines.—(These may be given in globules placed on the tongue of the child, or, if given in liquid form, a few drops of the tincture mixed in a little water; a few drops of this may be put into the mouth two or three times a day.)

Merc. 6.—At the beginning; much drivelling of saliva.

Sulph. 6.—After *Merc.*, if this does not cure.

Ars. 3.—When there is great prostration and diarrhœa.

TIC DOLOUREUX. *See* **NEURALGIA.**

TOBACCO, ILL EFFECTS OF.—Tobacco is a poison which may produce either acute or chronic effects. In those not used to it, it causes vomiting, nausea, prostration, and fainting which may be fatal. Those who indulge in the drug habitually, whether smoking,

snuffing, or chewing, suffer from the chronic effect of the drug, or "Nicotism," as it has been called. This takes many forms. In some it causes blindness; in others weakness of the heart, and in others indigestion and wasting; and of each of these there are varying degrees of intensity. Some suffer from great nervousness only. Cancer of tongue and throat has often been traced to smoking.

General Treatment.—The obvious remedy for tobacco-poisoning in all forms is to avoid tobacco. But often this is not easy, and sometimes the damage done is so great that leaving off the drug is not enough to remedy the disease.

Medicines.—(Every few hours.)

Camph.—This is very useful when the craving comes on. The ordinary camphor pilules sold by homœopathic pharmacists are the best. One of these taken in the mouth when the craving for tobacco is felt will give relief.

Nux v. 3 is the best general antidote to the chronic effects of tobacco—nervousness, dyspepsia, nausea, constipation.

Puls. 3.—For illness brought on by tobacco in those not used to it.

Spig. 3.—For heart distress.

Phos. 3.—For blindness.

Arsen. 3.—For restlessness and nervous prostration.

TOE-NAIL, INGROWING. *See* **INGROWING TOE-NAIL.**

TONGUE.—The tongue is not only an indication of the state of the digestion, it is an independent organ and subject to independent affections. It may be inflamed, when it sometimes swells to a great

size and protrudes from the mouth, and it may be ulcerated.

General Treatment.—In cases of inflammation or ulceration of the tongue there is much to be done by way of local treatment. Milk is the best diet as being more easily swallowed and less irritating than any other food.

Medicines.

Acon. 3.—Inflammation with swelling at the beginning. From injury(either before or after *Arnica*).

Merc. 6.—After *Aconite* ; or at first when there is violent pain, swelling, hardness, and salivation ; also in ulceration of the tongue.

Bell. 3.—After *Merc.*, when this is not sufficient, and when other parts of the mouth are painful and ulcerated. For induration of the tongue, either before or after *Merc.* Paralysis of the tongue.

Arn. 3.—When the tongue is inflamed from injury. It may be given after *Aconite*, if the latter is not sufficient.

Nat. m. 6.—When the inflammation is due to the stings of insects.

Hep. 6.—When due to mercurial poisoning, if *Bell.* is not sufficient.

TONSILS, ENLARGEMENT OF.—This is generally due to some constitutional weakness, and must be treated constitutionally.

General Treatment.—Open-air life, residence in the country, abundance of good milk and cream, very little sugar ; in addition, cod-liver oil should be given three times a day.

Medicines.—(Night and morning.)

Baryta c. 6.—In pale, fat, scrofulous children, of indolent disposition.

Calc. c. 6.—In scrofulous children, fair; cold, moist hands and feet; head perspiring at night.

Calc. phos. 3.—In thin children.

For acute inflammation of tonsils, *see* **QUINSY.**

TOOTHACHE.—[For the care of the teeth and treatment of decay, *see under* **TEETH.**]

Teeth may be the seat of pain, whether they are diseased or not. The pain from a tooth may affect the eye, the ear, or the face of the same side, and all the rest of the teeth. It sometimes arises from irritation at the root of the tooth, causing abscess, in which case there will be swelling of the face, and gumboil; it may arise from cold, from cold drinks, from coffee or tobacco, or from sugar. Decomposing food in a hollow tooth will generate acids that may set up toothache. It is often merely a sign of low general health, and is a frequent accompaniment of the pregnant state.

General Treatment.—Indiscriminate extraction of painful teeth is always a bad plan, and they should never be extracted when sound. A good dentist should be consulted when the teeth are decayed, and such of them as will bear filling should be filled. Whenever a tooth will bear it the material of the stopping should be gold. Amalgam fillings contain mercury and should only be used with the greatest circumspection. When a hollow tooth is aching, all particles of food that may be in it should be removed at once with a toothpick and a little cotton wool. Coffee, sweets, and tobacco should be avoided by those who are subject to toothache.

Medicines.—Every half-hour till improvement or exacerbation occurs; then leave off till improvement ceases, when one or two more doses may be taken.)

Symphytum ϕ.—After fitting in new teeth. Five drops of the tincture of *Symphytum* should be mixed with half a tumbler of tepid water, and the mouth rinsed with this; after extraction or operation, when the mucous membrane has been wounded, the tincture of *Calendula* may be used for the wash instead of *Symphytum*.

Coff. 3.—Pains which drive the patient frantic, when they cry, tremble, and do not know what to do; pain as if the blood pressed into the teeth, as if the teeth were too close together; stinging, jerking pains; intermittent pressure; pain when chewing; the pain is often relieved by holding cold water in the mouth.

Acon. 3.—In cases where the pain drives the patient frantic, after *Coffea;* throbbing pains after taking cold; rush of blood to the head, burning face; particularly useful for children.

Cham. 6.—For children, after *Acon.;* after vexation; after drinking coffee; in women before the period; after taking cold when in a perspiration. The pain is unendurable, aggravated periodically; worse in the night from warmth, especially warmth of the bed; generally begins after meals, especially after eating or drinking anything warm; the patients are irritable, and inclined to cry.

Nux v. 3—For those who drink coffee, wine, and spirits; persons of a hasty temper. Pain as if the blood were pressed into the teeth, and as if they were too long; jerking, shooting pains in lower jaw; pains begin in bed, or in the evening, prevent chewing, are worse in the open air, better for warmth, worse after eating or exercise.

Puls. 3.—Persons of a mild, quiet, timid disposition. For toothache on one side, accompanied with earache.

Stinging pains, heat in head, chills over whole body; gnawing in gum, tearing jerking in the tooth itself; jerking and tearing in the tooth, as if it would start from the jaw, or throbbing pain; aggravated by cold water, the heat of the bed, a warm room, or taking anything warm into the mouth; relieved by cool air, drawing cool air into the mouth, and in the open air generally; worse from sitting, better from walking about; chewing does not make it worse. It comes on generally in the evening, and is accompanied by chilliness and pale face, or with heat without thirst; toothache from drinking champagne.

Bell. 3.—For women and children; pain and anguish cause restlessness, depression, and tendency to cry; pricking pains in teeth, radiating in all directions; fulness, throbbing in the head, flushed face, bright eyes; the pain comes on after meals; teeth ache when exposed to the air, when touched, when biting, when food or hot liquids come in contact with them; hard pressure on the cheek relieves.

China 3.—Toothache in nursing women, or persons who are run down in health; pains throbbing, jerking, tearing, drawing, or digging; worse when in motion or when touched, or by exposure to a draught of air; mouth dry, thirst; veins of forehead swell.

Merc. 6.—When the teeth are decayed, or gumboil has formed; toothache with painful swelling of the cheek: pain affects the whole side of the face, drawing or stinging pains extend to the ear, worse at night; pain increased by cold, especially by damp air; teeth loose, gums swell and become white and ulcerated.

Kreas. 3.—Aching in decayed teeth when the gum is not inflamed.

Ars. 3.—Jerking, throbbing pains; pain relieved by

heat; in debilitated persons, especially children; feverish, with cold hands.

Bry. 3.—For passionate, irritable, hot-headed, obstinate persons; pain in decayed teeth or sound ones; shooting with stitches towards the ears; teeth feel too long and loose; pains worse from smoking, in warm room, from anything warm in the mouth, when lying on the affected cheek.

Staph. 3.—When the teeth become black and scale off; gums pale, white, ulcerated and swollen; drawing tearing pains; worse in open air, when drinking anything cold, when eating, during the night or towards morning.

Spig. 3—Tearing, shooting, burning pains in all directions; teeth sound; pain worse from motion or noise.

Sulph. 6.—Jumping pains in decayed teeth, extending to upper or lower jaw, or to the ear; toothache in the evening, in the air, from draught, from rinsing the mouth with cold water.

TYPHOID FEVER.—This is a disease which arises mainly from defective drainage. It is rarely contagious from person to person like infectious fevers generally, the typhoid bacillus being found in the discharge from the bowels. This is of an exceeding subtle nature, so that an infinitesimal quantity of the discharges from a typhoid patient, if it finds its way into a well or a stream that is used for drinking purposes or for washing vessels used for articles of food, will be sufficient to infect those who drink of the water or eat of the food. Milk often becomes a carrier of the contagion, contaminated water being used to dilute the milk or wash the vessels used for carrying it. It is the risk of this that renders it necessary to boil or sterilise all milk before it is drunk when typhoid fever is about

and especially to have the milk sterilised that is given to the patients suffering from the disease, or otherwise they may be taking the very thing that has given them the fever. The discharges from typhoid patients should be carefully disinfected, and no water should ever be used for drinking or washing purposes that is taken from a well that has a privy or cesspool in its neighbourhood.

When the person has absorbed the poison of typhoid he does not become ill at once. He may be a little out of health, and not know what is the matter with him, but he is not stricken down with the illness until ten days or three weeks afterwards. Then he becomes feverish, loses all strength, has pains and aches all over him, and becomes delirious at night. With this there is pain in the body, diarrhœa, the stools being like pea-soup. The diarrhœa is the most characteristic feature of the disease, and is due to inflammation leading to ulceration of certain glands in the mucous membrane of the bowels. This may go on to perforation of the bowels, the ulcer eating quite through, when the contents of the bowels escape into the cavity of the body, causing inflammation (peritonitis) and death. These ulcers often become the seat of bleeding which may be excessive and cause death by exhaustion. In some cases there is no diarrhœa, but the opposite, constipation; and these are rather more favourable than the others. Typhoid has a characteristic eruption, consisting of small red spots, like fleabites (without the central point), which come and go. There are seldom more than half a dozen out at a time. They are found on the body, chest, and front of the wrists. The temperature in typhoid is peculiar. In the earlier stage it goes up two degrees

at night, and falls one degree the following morning, and throughout it has this up-and-down character. The fever lasts twenty-one days, the most dangerous day being the fourteenth. It is a disease which is much subject to relapses, and sometimes the patient goes from one relapse to another, the fever thus lasting for months.

General Treatment.—The chief indication in the treatment of typhoid fever is to maintain the strength. The long duration of the illness puts a drain on a patient's strength that must be met. At the same time the bowels are in such a condition that only the most unirritating form of nourishment can be borne. The least solid food, if it passes the stomach undigested, may cause such irritation of the inflamed or ulcerated surface of the bowels that perforation may take place in consequence. Light food only is admissible ; and of such milk in some form, when it is tolerated, is the best. It should always be sterilised, for the reasons stated above, and may be diluted with soda-water or lime-water. After milk comes thick water-gruel, and, for a drink, barley-water. If there is sickness, soda-water may be given. If there is no diarrhœa, or only a little, strong beef-, mutton-, or chicken-tea may be given, either liquid or in jelly. They must be made strong, and in the case of chicken-tea the whole bird must be cut up and bones pounded, and then well boiled or, better still, steamed into a jelly. Nourishment should be given regularly, at two hours' interval ; if the patient takes a fair amount, a breakfast-cupful at a time will be sufficient of milk or gruel, and a teacupful of beef-tea. When the patient is thirsty he may have as much barley-water as he likes. When milk disagrees, Koumiss should be given instead,

or else Benger's Peptonised Food, which is, like Koumiss, partly digested already.

Of course an airy, well-ventilated room is a necessity. The patient should be sponged with hot vinegar and water (one part to six) night and morning. He must never be allowed to rise from bed for any purpose, a bed-pan being used to take away everything. The nurse must be on the watch for bed-sores, and on the first signs of redness she must bathe the part with spirit. The motions, &c., should be at once carefully disinfected.

Medicines.—(Only a few of the most useful can be indicated here. Of course when there is a physician within reach he must be consulted. Medicines must be given every hour till the symptoms abate, and then at less frequent intervals.)

Bap. 3.—Dull, heavy appearance; delirium, in which the patient imagines he is in separate parts, and cannot get himself together; diarrhœa with offensive stools.

Ars. 3.—Great prostration, thirst, restlessness, anxious delirium.

Bry. 3.—Low fever, rheumatic pains in head and body, worse from movement.

Ipec. 3.—If there is blood in the motions, and the blood is bright.

Ham. 1.—Bleeding from the nose, and blood in the stools, the blood being dark.

TYPHUS FEVER.—Typhus fever was for a long time confounded with typhoid, the two diseases being considered one and the same. Even now it is not always easy to distinguish them. There is the same dusky, heavy appearance in both, the same delirium, the same fever and prostration, and the same tendency to

lung complications. The distinguishing feature is the presence in typhoid of ulcers in the bowels. Consequently we have in typhoid tenderness and bloating of the abdomen with diarrhœa. But there are cases of typhoid in which diarrhœa is absent, and cases of typhus in which it is present. Typhoid, again, runs twenty-one days, and frequently relapses: it does not decline suddenly, but by degrees. Typhus only lasts fourteen days, and the improvement takes place suddenly, by "crisis," as it is called. Then typhoid has the characteristic sparse rash, whilst typhus has a general rash, like measles, only darker. In typhus the head symptoms are generally more prominent than in typhoid, and this has obtained for it the name of "Brain-fever." It is also different from typhoid in another important respect, though this does not help the diagnosis at first—it is highly infectious from person to person. It is essentially a filth-generated disease, and never occurs except in overcrowded and unsanitary neighbourhoods. It will, however, spread from thence by infection to the healthier quarters of a town. Plague appears to be an intense form of typhus, in which enlargement and abscesses of the lymphatic glands occur.

General Treatment.—This is essentially the same as that recommended above for typhoid. Its duration of fourteen days necessitates most careful nursing and feeding to keep up the strength, as the wasting is extreme.

Medicines.—(Every hour.)

Rhus 3.—Fever, delirium, restlessness.

Ars. 3.—Great vital depression.

Agar. 3.—Restlessness, twitching, tremor.

ULCERS.—Ulceration is local death of a part. The

vitality of any part of the body—as skin, bone, eye, or internal organ—may be so impaired that a part of its tissue dies and comes away, leaving a hole or ulcer. The causes of ulceration are external injury, inflammation, blood-poisoning, and any cause which weakens the general health. When once tissue is lost in any of these ways, the uninjured tissue around the part sets to work to repair the loss, and if the vitality is not too much impaired it will fill the part with "granulations," as they are called, which are red, velvety projections of basement tissue, over which the outer skin can spread and form a scar. This is the end aimed at in the treatment of all ulcers. Ulcers are *simple*—which result from injury and heal without trouble; *constitutional*, due to some constitutional taint, as scrofula; *varicose*, due to the defective circulation in a limb which is affected with varicose veins.

General Treatment.—The simple ulcer requires little treatment. The application of simple ointment (as *Calendula* ointment or *Cetacean* ointment) until a healthy scab has formed, is all that will be required. If the healing process flags, or the general health is not good, one or the other of the medicines mentioned below may be given. Chronic or constitutional ulcers of whatever kind should be very carefully dealt with. They are often the expression of a defective general state, and if they are healed up rapidly by means of strong ointments it is very likely that something much worse will happen. The general health must be considered first, a wholesome diet and regimen adopted. If the patient indulges in alcoholic drinks, these must be stopped. Milk, eggs, whole-meal bread, green vegetables, fresh meat and fish, are good; sweets, pastry, spices, and all rich foods are bad. The limb

(when the ulcer is on a limb) should be supported by a light bandage, the ulcer being covered with a piece of linen on which a simple ointment is spread (*Calendula*, *Catacean* ointment, or *Resin* ointment). If the ulcer is foul, it may be cleaned by a bread or yeast poultice. The dressing should be changed two or three times a day, according to the amount of discharge. Some cases of indolent ulcer require perfect rest for their healing. For varicose ulcers the use of the rubber bandage is often of very great advantage.

Medicines.—(Two or three times a day.)

Hep. 6.—Slightest injuries ulcerate. In persons whose flesh always heals badly.

Ars. 3.—Ulcers angry-looking or black with burning pains relieved by warmth. Ulcers on the toes, which begin with blue-black spots, especially if warmth relieves the pains.

Carbo v. 6.—Ulcers which burn and smell offensively.

Lach. 6.—Ulcers which spread, and are surrounded with pustules or small ulcers, deep red or bluish sores.

Sil. 6.—Ulcers on the toes, especially in old people, commencing with a blister as if caused by a burn.

Sec. 3.—Ulcers on the toes, beginning, with black spot ; when warmth aggravates or produces pain.

Ant. c. 6.—Ulcers round an old wart or corn.

Phos. 3.—Ulcers which bleed easily ; ulcers having small subsidiary ulcers around them.

URINARY DIFFICULTIES.—The conditions of the urine itself which call for treatment are increase or decrease of quantity, and changes in the odour, colour, and contents. The abnormal conditions of passing water are—painful urination, too frequent urination or too rare, and involuntary urination. These

conditions may depend on affections of the kidneys or the bladder (including stone), or affections of the passages.

General Treatment.—Nurses should always see that new-born infants pass water, and call the doctor's attention if there is any delay. Sometimes a slight malformation in boys prevents them passing water, and this will need seeing to at once. Older boys have difficulty from the passage being too narrow, or the fore-skin too long, and for this the remedy is circumcision, and should not be delayed. It is a very dangerous thing to go too long without passing water, and may result in rupture of the bladder or permanent weakness.

Too frequent passing of water, in increased quantities, especially if accompanied with thirst, should arouse suspicion of diabetes, and a doctor should be consulted without delay. Too frequent and too copious urination may be due to nervous causes producing irritability of kidneys and bladder. With some children the excitement of a railway journey is sufficient to cause this; nervousness before an examination will cause it sometimes. This condition is of little consequence, and passes away when the cause is removed. Harm may be done if children from shyness are afraid to relieve themselves, and care should be taken to see that they have plenty of opportunity for so doing.

The opposite condition—*diminished secretion of urine*—indicates, if there is no obstruction in the passages, something wrong with the kidneys; and if it is not speedily removed, medical advice should be sought without delay. Warm baths, or warm foot-baths, should be given; and internally, thin oatmeal gruel,

and plenty of mucilaginous drinks. These will often act on the kidneys and remove the constant desire to urinate, with burning and pain when present.

Medicines.—(Every fifteen minutes to three times a day according to urgency.)

Acon. 3.—Stoppage after a chill. Painful urging, children put their hands to the parts and scream. Urine red, dark-tinted ; only few drops pass.

Canth. 3.—After *Aconite*, if not speedily successful.

Puls. 3.—Pressing, cutting pains in bladder on passing water ; urging ; especially for women in whom the menses are suppressed, tardy, or scanty.

Bell. 3.—Piercing pain whilst urinating, extending from the back to the bladder in spells ; great anxiety, restlessness, colic.

Apis 3.—After suppressed eruption ; burning, stinging, itching in various parts ; shudders, feels chilly on moving especially in the evening ; heat without thirst.

Opium 3.—Most dangerous cases. Bladder paralysed, neither stool nor urine passes. Infants who have nursed soon after the mother was very angry or much frightened.

Arn. 3.—Bloody urine after injuries.

China 3.—Bloody urine after excesses.

Camph. ϕ, pilules or 3.—Total suppression ; burning pains ; it antidotes cantharides, or "Spanish-fly."

Ign. 3.—Increased urine from nervousness.

Scil. 3.—Too frequent or too abundant passage of pale urine—"Diabetes insipidus."

INVOLUNTARY EMISSION OF URINE—WETTING THE BED.—This is an affection of childhood and old age chiefly. The emission may occur in children whilst running or playing, but most frequently it

happens in sleep. The cruel practice adopted by some parents of beating their children for it cannot be too severely condemned. It is a disease for which the child is in no way responsible, and not a vice. Children who suffer in this way must avoid all foods which tend to increase the amount of water secreted, as melons, asparagus, cucumber, celery; also all acids and fatty foods, beer, tea, or coffee. In the morning they may take milk with water or cocoa, but not at night. Water itself is good for them, as it diminishes the acidity of the urine. Butter is good for them at night, but they must not be allowed to go to bed immediately after supper. They should also be taken up to urinate one or two hours after going to bed.

Medicines.—(In the morning on waking, and half an hour before going to bed.)

Puls. 3.—Tender, delicate children, inclined to weep, easily turn pale or red; if fat food disagrees with them, urine offensive, lying upon the back in sleep.

Nux v. 3.—Children who are easily made angry, obstinate; offensive urine.

Bell.—If the children do not sleep on the back, or but seldom; self-willed, lively children who cry easily, who sleep with the arms over the head, or with the head bent backwards, or lie on the belly; particularly if the urine passes also during the day, especially when standing; or if the water passes often and in great quantities, and is pale and watery; in children who perspire easily and take cold easily.

Calc. 6.—Stout, fat children, who drink much and perspire easily, especially the head perspiring at night; frequently urinating during the day, and passing little at a time. After *Sulph.*

Sulph. 6.—Cases which resist other well-indicated remedies. Thin children with large bodies, constantly unwell; fond of sugar and sharp foods, do not like to be washed.

Caust 6.—Useful also in the incontinence of older people. The urine passes when sneezing, coughing, or walking; or during the first sleep at night. Children with black hair and eyes.

Ferrum 6.—For adults as well as children. Urine passed involuntarily during the day. Thin, chilly children with cold hands and feet, sleeping all day, dream much, and do not like to get up in the morning; constant running from the nose; get a cough or diarrhœa every time they take cold.

Cina 3.—When there are worms, and the characteristic symptoms of the condition.

VACCINATION. *See under* **INFANTS.**

VARICOSE VEINS.—This is a distended condition of the veins of the softer and more dependent parts. It is due to weakening of their walls from some degenerative change, in consequence of which they are unable to withstand the pressure of the blood within. Varicose veins are often found in rheumatic persons. Varicose veins are generally painless, except when the veins become inflamed or give rise to ulcers. When the space at the back of the knee is the seat of varicose veins, pain in knee is a frequent accompaniment.

General Treatment.—The chief general indication is to give the veins support, both in their tissues and externally. External support is best afforded by an ordinary roller bandage, an elastic stocking, or an india-rubber bandage applied to the

limb. The last is the best, as it is not only a support, but is actually curative in many instances. Rest in the recumbent position is always a great help, and standing is of course bad. Where there is a tendency to varicose veins, much standing will be sufficient to cause them. But sometimes, in spite of most adverse conditions, medicines will effect a cure.

Medicines.—(Two or three times a day.)

Puls. 3.—When there is pain in the veins and they have a tendency to inflame. Most useful in mild-tempered, impressionable persons.

Ham. 1.—Perhaps the most useful of all medicines in varicose conditions.

Ac. fluor. 3—In old-standing cases, after *Hamamelis.*

VERTIGO. *See* **DIZZINESS** and **GIDDINESS.**

VEXATION.—Sometimes vexation is attended with serious disturbances of the bodily and mental health. These may be warded off or counteracted by the following **Medicines** (every few minutes until relieved) :—

Cham. 6.—When the vexation is attended with violent fits of anger. Also when there is acute disturbance of digestion—a hot, bitter taste, retching, vomiting of bile, headache, nausea, oppression at the stomach, cutting pains in the bowels, diarrhœa.

Acon. 3.—Restlessness, dry skin, pressure of the stomach as from a stone; want of sleep, fulness in the head.

Ignat. 3.—.When grief or shame is the consequence of vexation.

VISION. *See* **BLINDNESS, SIGHT.**

VOMITING.—Vomiting may be brought about by many causes. It is often merely one symptom of many that the patient is ill, and must never be regarded as a disease in itself, unless, after careful examination of the patient, all other disorders have been found to be absent. Cold may cause vomiting without any other symptoms, and strong emotions may do the same. For special kinds of vomiting *see under* **DYSPEPSIA, PREGNANCY, SEA-SICKNESS.**

General Treatment.—Vomiting is very often an effort of nature to relieve the stomach of a mass of food it is for some reason unable to digest—as when a chill has been taken during digestion; or after fright or vexation. In these cases the only thing to be done is to assist the stomach to get rid of what has become to it a foreign body. The simplest method to induce vomiting is to tickle the back of the throat with a feather, or the patient may be made to swallow a few draughts of tepid water. When vomiting occurs from other causes, or when it continues after the contents of the stomach have been discharged, remedial measures will be needed. Little lumps of ice may be given to suck, Koumiss, or milk and soda-water (iced if necessary), may be given to drink until the stomach is able to retain other food. Cream, gruel, arrow-root with sugar, and afterwards strong broth or beef-tea, may be tried. Only very little at a time must be given at first, and very frequently.

Medicines.—(Every ten minutes, or less often according to urgency, ceasing to repeat as soon as the desired effect is produced.)

Arnica 3.—When caused by a fall or blow on the head; vomiting of blood.

Ipec. 3.—When the tongue is clean or very lightly coated; when the symptoms appear after cold, and especially when a rash has been suppressed; vomiting of blood.

Bell. 3.—After *Ipec.*, vomited matter sour or bitter, with empty eructations.

Cocc. 3.—Vomiting from cold; worse after exercise, eating, speaking; when riding, after sleep.

Carbo v. 3.—After eating cold fruit, or drinking ice-water. Frequent eructations of wind. Vomiting of blood.

Arsen. 3.—Vomiting returning from every motion of the body, and yet the patient is unable to keep quiet; is very weak, thirsty, but every drink makes him worse.

Acon. 3.—Vomiting caused by a fright.

Puls. 3.—Vomiting after every meal; only very little food can be taken; the least surfeit causes vomiting with spasms and cutting pain in the bowels, or giddiness and vomiting of white, tough mucus: diarrhœa, weakness of the limbs, and sometimes fainting.

Nux v. 3.—After *Puls.*, or when vomiting is brought on by over-indulgence in alcohol or tobacco.

WALKING, LATE.—Late walking is one of the principal symptoms of the disease called **RICKETS**, and the treatment prescribed under that heading will be required for cases of this kind.

WAKEFULNESS. *See under* **SLEEP.**

WARTS.—Warts are generally an indication of a constitutional disposition to which Hahnemann gave the name of "Sycosis." It is therefore much better

to remove them by internal medication than by applying caustics, which are not by any means always free from danger.

Medicines.—(Night and morning.)

Thuja. 3.—Especially when the warts appear in crops.

Calc. c. 6.—On the sides of the fingers.

Dulc. 3.—On the backs of the fingers.

Natr. m. 6.—Fleshy or seed warts.

Acid. nit. 6.—Itching, pricking, or sticking in warts.

Sul. 6.—Hard, painful, throbbing warts.

Sep. 6.—Large, hard, horny warts ; on the body.

WASTING. *See* **EMACIATION.**

WATER-BRASH (PYROSIS).—This is an affection consisting of a severe spasmodic pain at the pit of the stomach, followed by the eructation of a quantity of watery fluid which gives relief. It is similar to *heartburn*, but in the latter there is more burning and less spasm, and the fluid ejected is generally very acrid. There is, however, no very marked distinction between the two, which are often combined in the same patient. The fluid probably originates in the mucous glands of the stomach near its outlet (or pyloric orifice), where there is sometimes found to be thickening in patients who have suffered much from the complaint.

General Treatment.—When the affection is combined with symptoms of disordered digestion the measures advised under **DYSPEPSIA** will have to be observed. A draught of cold water in the morning is sometimes helpful. The use of alkalies and alkaline drinks must be avoided.

Medicines.

Pulsatilla 3.—In persons of the blonde type, with mild

dispositions. When there is chilliness. After eating pork or rich food.

Verat. 3.—Great coldness and violent pains in the stomach.

Bry. 3.—After eating too much ; with pain at the pit of the stomach.

Arsen. 3.—After ice-cream ; burning in the stomach ; agitation, thirst.

Nux 3.—Headache, heaviness in the stomach, nausea.

China 3.—When the symptoms come on especially after eating.

WEANING. *See under* **INFANTS, Weaning.**

WETTING THE BED. *See under* **URINARY DIFFICULTIES.**

WHITE LEG.—An affection generally but not invariably an attendant of parturition, characterised by tense swelling of one or other leg, generally the left, heat and pain. But the swelling is not red, but white ; and there is no pitting. The probable cause is inflammation of some of the deeper veins and lymphatic vessels of the limb causing obstruction. Before the affection sets in the woman is generally very irritable and feels weak, then transient pains in the region of the uterus. Very soon an extremely acute pain in the calf is complained of, extending to inside of heel and up to the ham. Swelling rapidly sets in. The acute stage lasts two or three days, and may even last for several weeks. Recovery is the rule, though stiffness of the limb may remain for a long time.

General Treatment.—The diet should be low and unstimulating while there is fever and constitutional disturbance, but when that has subsided more generous

diet may be given. The limb should be supported and swathed in cotton wool.

Medicines.—(Every hour or two in the acute stage.)

Acon. 3.—Pain, fever, restlessness, anxiety.

Puls. 3.—Pain and tenderness along the vein trunks; chilly but does not like to be covered.

Ham. 1.—If *Puls.* is insufficient.

WHITES (LEUCORRHŒA).—This is a discharge of mucus, often whitish, from the mucous membrane of the uterus or of the vagina. It is of very common occurrence in women and even in children. It may be accompanied by symptoms of local irritation or of general weakness, and it is often due to a poor state of the general health.

General Treatment.—Attention to the general health is of the first importance; wholesome food, at regular times, and a reasonable amount of open-air exercise, or driving if walking aggravates the complaint. The use of pessaries is a common cause, and when this is the case they must be removed. Simple cleanliness is all that is required in the way of local treatment.

Medicines.—(Two or three times a day.)

Calc. c. 6.—In women of lympathic constitution or in young children; when the periods return too frequently and are too profuse; worse before the period when accompanied by itching and burning; shooting in the parts; falling of the womb.

Puls. 3.—When it occurs immediately before, during, and after the period; in young girls who have never menstruated; from fright; discharge thick, corrosive, attended with itching. Useful in children after *Calc. c.*

Sepia 6.—Greenish and thick, or profuse, watery, and offensive; with bearing-down sensation.

Nat. m. 6.—In chilly subjects, with earthy complexion,

constipation. Discharge copious, transparent, whitish and thick mucus, at times corroding.

Sulph. 6.—In obstinate cases; discharge sometimes yellowish, burning, corrosive and preceded by colic; after repelled eruptions or ulcers.

Alumina 6.—In obstinate cases; profuse discharge; raised itching spots in the vagina.

WHITLOW.—This is an inflammation affecting the deep tissues of the last joint of the finger or thumb. A superficial inflammation of the finger-ends about the nails forming blisters is sometimes called by this name, but erroneously. The matter formed in a whitlow is in close connection with the bone, among the fibrous tissues covering the bone, and, unless speedily relieved, it may cause destruction of the bone itself.

General Treatment.—Apply wet cloths, either hot or cold, whichever give the most relief. Painting the finger with the 3x dilution of *Phosphorus* will sometimes abort the disease. If suppuration occurs and the disease is progressing, a free incision must be made right down to the bone, that the matter may escape. But generally the disease can be promptly arrested and brought to a favourable termination by homœopathic remedies. The wound must be dressed with *Calendula* lotion.

Medicines.—(Every hour until relief is obtained.)

Merc. 6.—At the beginning. It will often prevent suppuration.

Sulph. 6.—After *Merc.* to complete the cure. *Sulph.* and *Silica* given alternately at long intervals (one dose of each a week) will remove the tendency to whitlow.

Hep. 6.—Pain violent, throbbing, swelling increasing.

Caust. 6.—After *Hepar*, if this gives no relief.

Silica 6.—If *Hepar* has relieved a little, but not averted

the progress of the disease. To remove the tendency, *see Sulph.*

Lach. 6.—Deep red or bluish colour of the part.

Arsen. 3.—The sore angry-looking or black, with burning pain.

WHOOPING COUGH.—This is a contagious disease, usually prevailing in epidemics. It is generally an affection of childhood, which few individuals escape, but it also not unfrequently attacks adults.

At first it appears as an ordinary "cold," with chilliness, slight fever, and a dry fatiguing cough, which returns in paroxysms. This stage lasts generally a few days, but it may last a fortnight. This is the catarrhal stage. In the second stage—nervous, spasmodic, or convulsive stage—all the characteristic symptoms show themselves. The paroxysms are excessively violent and distressing. There are a series of short expiratory efforts, followed by a long, slow inspiration, accompanied by the peculiar whooping or crowing sound from which the disease gets its name. The paroxysms follow one another in quick succession until the patient vomits or gets up a quantity of glairy mucus. During a paroxysm the face becomes swollen and livid, the veins of the neck swell, and sometimes bleeding from the nose or into the tissues of the eye occurs. This stage may last for months. It is often complicated by inflammation of the lungs or bronchitis, and then there is considerable danger. Convulsions are another dangerous complication.

In the third stage, or stage of decline, the paroxysms grow shorter, less frequent, and less violent; the whoop generally disappears, and the cough becomes indistinguishable from an ordinary cough.

General Treatment.— It will be necessary to guard

against chills. Food should be light and plain, and all stimulating foods and drinks studiously avoided. Mental emotions should also be carefully guarded against. When a change of air can be obtained it is often desirable.

Medicines.—(Every few hours until relief is obtained.)

Coquel. 30.—As related in my book on *Whooping Cough cured with Coqueluchin*, I have found in this nosode a specific for a large proportion of cases of this disease. It should be given every four hours to begin with, and if it does not cut short the case in a few days or materially modify its severity, another remedy may be chosen from the following.

Acon. 3.—At the beginning. Cough dry, whistling; fever; burning sensation in the larynx.

Puls. 3.—Loose cough, with vomiting.

Bell. 3.—Cough dry and hollow, or harsh and hacking; worse at night, with congestion to the head, and headache or sore throat.

Nux 3.—Cough dry, with vomiting and great agitation, blueness of the face, fear of suffocation; comes on after midnight and lasts till morning.

Ipec. 3.—Fear of suffocation; may be given after every paroxysm.

Veratrum 3.—Great weakness, fever, cold perspiration, especially of the forehead, with quick, weak pulse, and much thirst. Involuntary discharge of urine during paroxysm, or pains in the chest, body, or groin. When the child is not lively between the paroxysms; neck so weak that it will hardly support the head. Useful after *Cuprum.*

Drosera 3.—Cough worse during the night; patient worse at rest than when in motion; chilliness not accompanied by thirst, but followed by it; sweat not

cold but rather warm, and occurs only at night; paroxysms violent, ending in vomiting food.

Calc. 3.—Cough comes on while eating, and food is immediately thrown up.

Cupr. 6.—Entire rigidity of the body or convulsions after each paroxysm, vomiting in the attack, and rattling of mucus in the chest while coughing.

Arnica 3.—Bleeding from nose or mouth, or when effused into the eyes or the tissues round the eyes. When each paroxysm of the cough is preceded or followed by crying.

Hepar 6.—When the cough is diminished, but is still dry and hoarse, or hollow and ringing, with occasional retching, followed by fits of crying.

Ant. tart. 6.—When given at the beginning will sometimes cut short the disease, or diminish its violence. In more advanced stages, when the air-pipes are apparently choked up with mucus, the cough sounding as if there was much phlegm on the chest, which, however, will not come up. Face bluish.

WORMS.—Under this heading I shall speak of two kinds of worms—*Round-worms* and *Thread-worms*. These are the commonest of the intestinal parasites met with. I have treated of *Tape-worms* under a separate heading.

In considering this affection it must be borne in mind that the parasite does not constitute the whole of the disease, and its expulsion is not the same thing as curing the patient. The patient's constitution must also be considered. It is only in unhealthy states that the parasites give trouble, and they may be present for years without the patient's being aware of it.

The round-worm (*Ascaris lumbricoides*) is very like an earth-worm in size and shape. Sometimes large

numbers are found, and instances have occurred in which masses of them have caused obstruction of the bowels.

They may be found in every part of the intestinal tract. Thread-worms are much smaller. They are found chiefly in the cæcum, or "blind-gut"—the part where the small intestine is joined on to the large. They travel down to the lower bowel to lay their eggs, and it is when there that they give rise to symptoms of irritation. The eggs of the creature are very minute, and can readily find lodgment under the finger-nails of children when the irritation makes them scratch themselves. If then they put their fingers to their mouths the eggs may be swallowed and again hatched when they find their way into the bowels.

General Treatment.—The healthier the patient the less agreeable "host" does he become for the worms, and the sooner are they disposed to leave him. Attention to the general health and surroundings is therefore of great importance. Foul air is a great predisposing cause. Pastry, unripe fruit, salads, salt, except in moderation, should be forbidden. Bread should only be allowed in small quantities. Ripe fruit, cooked and dried fruits and carrots are good.

When there is much irritation at the anus an injection of warm water (about three-quarters of a tumbler), in which five drops of spirit of turpentine or eau de Cologne have been mixed, will kill all the worms that may be present in the lower bowel, and give instant relief to the irritation.

Medicines.—(Two or three times a day.)

Cina 3.—Picking the nose, grating the teeth in sleep, enlarged body, irritation at the anus. Colic caused by worms, inclination to vomit, water collects in the mouth,

the parts about the navel are hard, body distended, straining to stool, only slime evacuated ; after *Aconite.*

Acon. 3.—Colic caused by worms at the commencement.

Also when febrile symptoms appear. Itching at the anus.

Merc. 6.—After *Acon.* and *Cina* if these are not sufficient.

Sulph. 6.—Is particularly useful after *Mercurius.*

Bell. 3.—Much thirst, sudden starting and fright.

Nux v. 3.—Itching internal or external, worse when sitting or moving ; after taking stimulating food or drinks.

WOUNDS.—After all injuries which fall short of destroying life there is a natural tendency on the part of the organism to repair the damage done—that is, if the person injured is in good health at the time. If he is not in good health the vital reaction may be so feeble that a small injury may be attended with serious and even fatal results. A crushed finger, which in the case of a healthy person would be well in a few weeks, may in a sickly person refuse to heal at all ; gangrene and mortification may follow and spread, and finally death may ensue. But these cases are exceptional. Generally a wound will heal of itself, and all that it is necessary to do is to assist nature to do her work. This may be done in many ways, chiefly by giving support to the part and keeping the wound clean. For a *simple and superficial* wound the less that is done to it the better. If the serous fluid that exudes from it is allowed to form a crust or scab, healing will take place beneath, and the scab will fall off when the process is complete.

If the superficial wound is over some sharp, bony

prominence, as the shin, more care will be needed. If the scab does not form well, the part should be painted with *Collodion* (a solution of gun-cotton in chloroform or ether), a gummy kind of liquid which soon sets and forms a good skin over the part. Instead of *Collodion* the skin of an egg may be used. It should be cut into strips, and laid on the wound with the side next the shell on the wound.

Wounds that require treatment are of three principal kinds—(1) incised wounds or cuts; (2) punctured wounds or stabs, as when a nail or knife is run into a part; (3) lacerated wounds, as when the parts are torn and bruised.

Bleeding from Wounds.—All these wounds are apt to give rise to great loss of blood. This only occurs when some considerable vessel—artery or vein—has been injured. If it is an artery the blood will be bright in colour and will come out in jets; if it is a vein the flow will be steady and the colour dark. The arterial bleeding is the most serious, and no time should be lost in summoning medical aid. But those at hand must at once proceed to stop the bleeding. If the bleeding point can be seen, pressure on the spot with the thumb or a small pad will stop it. If the bleeding point cannot be found, tie a handkerchief round the limb tightly just above the wound on the side nearest the heart. This will compress the arteries and prevent the stream of blood passing through. If the artery that beats above the wound can be found, pressure may be made upon that either with the thumb or by a good-sized cork laid along it and firmly secured with a bandage. This will do away with the necessity of constricting the whole of the limb. If the bleeding is dark and venous, a pad must

be placed over the bleeding point and firmly secured. A little oozing will do no harm if it soon ceases. The wounded limb should be elevated and kept raised up.

The above measures will be chiefly called for in cuts nd lacerated wounds.

Punctured wounds are dangerous if they are deep, because there is only a small outlet. All impurities that may have existed on the weapon will be left in the wound, and the effused blood will not be able to escape properly. If inflammation ensues it is often necessary to open the track of the weapon and convert a punctured wound into an incised one.

If the wound has been made with a rusty nail, a splinter, or a piece of glass that cannot be entirely extracted, drop into it daily a little *balsam of Peru*, or else *Canada balsam*. The wound will then heal from below. If there is much inflammation apply *Hypericum oil*.

All open wounds must be *cleansed* by means of forceps, or a stream of water, or both, from all particles of dirt, glass, iron, splinters, or whatever may have got into them. If it is impossible to remove everything do not close up the wound completely, and apply only a light dressing.

In *closing* a wound there are two objects to be attained—(1) the severed edges of the skin should be brought accurately together, and (2) the deep parts should be supported.

In the case of deep wounds the surgeon will put in deep stitches ; in extensive wounds that are not so deep the edges of skin may be brought together with skin-stitches ; in less severe wounds strips of adhesive plaster will do all that is necessary. These should

be long; they should run at right angles to the cut. Gentle traction should be made on the skin in the direction towards the wound before the strips are fixed. This will prevent any tendency to drawing asunder of the flaps, and make it easier for them to unite. Over the strips may be placed a fold or two of lint to take up any discharge that may ooze from the wound, and over all a bandage is needed to support the limb or part. The dressing must be changed once or twice a day, according to the amount of discharge. If there is none, and the wound is going on well, the dressing need not be changed so often.

Dressings.—In superficial wounds, if the part can be kept at rest till a scab forms no dressing will be needed. If it is necessary to form a protecting covering, *Collodion* may be painted on, or the skin from an egg-shell, as described above.

For deeper wounds, where there is redness, swelling, and pain, *cold water* compresses may be applied. They should be covered with oil-silk, and changed frequently. Where there are no signs of inflammation a dry dressing is to be preferred. *Calendula ointment* is one of the most useful of all dressings. It may be spread on lint and applied over the cut. It will assist the healing, and at the same time prevent the dressing sticking into the wound. A lotion made of one part of the tincture of *Calendula* to ten of water may be used for cleansing the wound. A good plan is to syringe out the wound with the lotion; a jet may thus be brought to bear on any part. Whilst this is being done the limb should be placed over a large open vessel, or a dressing-tray made for the purpose, to catch the liquid or discharges.

In *removing dressings* it is necessary to take off the

plasters by taking hold of each end and drawing each end off *towards* the wound. If only one end is taken hold of and the strip is drawn off in *one* direction for the whole of its length, after it is pulled off as far as the wound it tends to drag the wound open. If the dressing sticks at all it should be thoroughly moistened with warm water before an attempt is made to take it off. When thoroughly moistened it will come off without any difficulty and without giving pain. As soon as the edges of a wound are strongly united any stitches that have been put in may be cut and removed.

Treatment of the Patient.—When a patient has received a wound he should be kept perfectly quiet, and the wounded part should be kept in an elevated position. If fainting occurs it need occasion no alarm. It is often an advantage, as it prevents the patient feeling pain, and greatly lessens the tendency to dangerous bleeding. So long as there is bleeding do not give the patient much drink, and nothing at all warm. A little vinegar and water may be given. During the process of healing rest and light diet must be prescribed.

Medicines.—(Every ten minutes to every two or three hours, according to the urgency of the symptoms.)

Acon. 3.—If there are constitutional symptoms, restlessness, fever, dry skin.

Coffea 3.—If with restlessness there is great excitement.

China 3.—If there has been much loss of blood. If the patient turns blue and becomes convulsed.

Verat. 3.—Where there is collapse, pinched expression, cold extremities, cold sweat, especially on forehead.

Apis 3.—Punctured wounds, red, sensitive to touch, burning, piercing, stinging pain, spreading redness.

Arsen. 3.—Redness running in stripes from the wound along the limb.

Arn. 3.—Where there is much bruising of the tissues. If the wound becomes blue *Arnica* may be applied locally, but only where there is no break on the skin. *See* **BRUISES**.

Calend. 3x.—For lacerated wounds with jagged edges, very painful. Such wounds should be kept moistened with a lotion made with the tincture in the proportion of one part to ten of warm water.

Hypericum 6.—For cuts, thrusts, bruises and lacerated wounds where the pain is excessive, and where nervous symptoms such as spasms come on. It may be given internally and applied locally as *Calendula*. *See also* **BED-SORES, BRUISES.**

WRY-NECK.—This is generally a rheumatic affection of the muscles of the neck. The commonest cause of it is chill, though a sudden turn of the head will sometimes seem to cause it. It is attended with great pain on every movement of the muscles involved, compelling the patient to hold his head in such a position that no strain is put upon them. After a few days of suffering the muscles gradually return to their normal state, when freedom of movement is restored. When the condition is persistent it may depend on some disorder of the spinal nerves.

General Treatment.—The application of heat is the best local remedy. For this purpose hot flannels, hot salt or bran in a flannel bag, or hot irons may be used. The last is perhaps the most efficacious. A few folds of brown paper are laid on the affected part, and over these is passed a hot flat-iron.

Medicines.—(Every hour or two until relieved.)
Acon. 3.—If traceable to a distinct chill, and if the patient is peevish, restless, and anxious.
Bry. 3.—The part is painful to touch. The least motion causes great pain.
Act. r. 3.—Rheumatic pains and stiffness in muscles of neck and back.
Puls. 3.—Pains better out-of-doors, worse indoors.

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